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T H E

859

English Physitian

ENLARGED:

With Three Hundred, Sixty, and Nine
Medicines made of *English Herbs* that
were not in any *Impression* until this :
The *Epistle* wil Inform you how to
know *This Impression* from any other.

*Being an Astrologo-Physical Discourse of the Vulgar
Herbs of this Nation : Containing a Compleat Method
of Physick, whereby a man may preserve his Body in
Health; or Cure himself, being Sick, for three pence
Charge, with such things only as grow in England,
they being most fit for English Bodies.*

Herein is also shewed these Seven Things, viz. 1 The Way of making Plaisters, Oyntments, Oyls, Pulciffes, Syrups, Decoctions, Julips, or Waters, of al sorts of Physical Herbs, That you may have them ready for your use at al times of the year. 2 What Planet Governeth every Herb or Tree (used in Physick) that groweth in England. 3 The Time of gathering al Herbs, both Vulgarly, and Astrologically. 4 The Way of Drying and Keeping the Herbs al the year. 5 The Way of Keeping their Juyces ready for use at al times. 6 The Way of Making and Keeping al kind of useful Compounds made of Herbs. 7 The Way of mixing Medicines according to Cause and Mixture of the Disease, and Part of the Body Afflicted.

By NICH. CULPEPER, Gent. Student in *Physick*
and *Astrologie* : Living in *Spittle Fields*.

London, Printed by Peter Cole in Leaden-Hall, and are to be sold
at his Shop at the sign of the Printing-press in Cornhil,

Aug. 29. near the Royal Exchange. 1653.

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PLATE IV

ENCLOSURE 2

With three hundred, sixty, and nine
 thousand made of English. And that
 were not in any. I would not that this
 The world will inform you how to
 know the world from an other



The first of these is the fact that the
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1. The first part of the document is a list of names and addresses, which are arranged in a columnar format. The names are written in a cursive script, and the addresses are written in a more formal, printed style. The list includes names such as "John Smith", "Mary Jones", and "Robert Brown", along with their respective addresses.

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To the R E A D E R.

Reader,

Take notice, That in this Impression, published September the 5th 1653. I have made very many Additions to every Sheet in the Book: And also, That those Books of mine that are printed of that Letter the smal Bibles are printed with, are very falsly printed; there being usually twenty or thirty gross mistakes in every Sheet, many of them such as are exceeding dangerous to such as shal venture to use them: And therefore I do hereby warn you of them, I can do no more at present; only take notice of these three Directions by which you shal be sure to know the True one from the False.

The first Direction.] The True one hath this Title over the head of every Page in the Book, [The English Physitian enlarged:] The smal Counter-set one hath only this Title [The English Physitian.]

The second Direction.] The true one hath these words [Government and Vertues] following the Time of the Plants flowerings, &c. The counter-set smal one hath these words [Vertues and Use] following the Time of the Plants flowering.

The third Direction.] The true one is in Octavo, of a bigger Letter than the counter-set one, which is in Twelves, of the Letter smal Bibles use to be printed on. I shall now speak something to the Book it self.

All other Authors that have written of the Nature of Herbs, gave not a bit of a Reason why such an Herb was appropriated to such a part of the Body, nor why it cured such a Disease: Truly my own Body being sickly, brought me easily into a capacity, to know that Health was the greatest of all Earthly Blessings, and truly he was never sick that doth not beleve it. Then I considered, that all Medicines were compounded of Herbs, Roots, Flowers, Seeds, &c. and this first set me a work in studying the Nature of Simples, most of which I knew by sight before; and indeed all the Authors I could reade gave me but little satisfaction in this particular, or none at all: I cannot build my faith upon Authors words, nor beleve a thing because they say it, and could wish every Body were of my mind in this. To labor to be able to give a reason for every thing they say or do; they say Reason makes a Man differ from a Beast, if that be true, pray what are they that instead of Reason, for their Judgment, quote old Authors? perhaps their Authors knew a Reason for what they wrote, perhaps they did not, what is that to us, do we know it? Truly in writing this work first, to satisfy my self, I drew out all the Vertues of vulgar Herbs, Plants, and Trees &c. out of the best, or most approved Authors I had, or could get; and having done so, I set my self to study the Reason of them. I knew well enough, the whol world, and every thing in it, was formed of a Composition of contrary Elements, and in such a Harmony as must needs shew the wisdom and Power of a great God: I knew as well, this Creation, though thus composed of contraries, was one

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united Body, and Man an Epitome of it; I knew those various affections in Man in respect of Sickness and Health were caused Naturally (though God may have other ends best known to himself) by the various operations of the Microcosm; and I could not be ignorant, That as the Cause is, so must the Cure be; and therefore he that would know the Reason of the operation of Herbs, must look up as high as the Stars: I alwaies found the Disease vary according to the various motion of the Stars; and this is enough one would think to teach a Man by the Effect where the Cause lay. Then to find out the Reason of the operation of Herbs, Plants, &c. by the Stars went I, and herein I could find but few Authors, but those as full of nonsense and contradictions as an Egg is full of meat; this being little pleasing, and less profitable to me, I consulted with my two Brothers, Dr. Reason, and Dr. Experience, and took a Voyage to visit my Mother Nature, by whose advice together with the help of Dr. Diligence, I at last obtained my desires, and being warned by Mr. Honesty, a stranger in our daies, to publish it to the world, I have done it.

But you will say, What need I have written of this Subject, seeing so many Famous and Learned Men have written so much of it in the English Tongue, nay, much more than I have done?

To this I Answer,

1 All that have written of Herbs either in the English, or not in the English Tongue, have no waies answered my intents in this Book, for they have intermixed many, nay, very many outlandish Herbs, and very many which are hard, nay, not at all to be gotten, and what harm this may do I am very sensible of. Once a Student in Physick in Suffex sent up to London to me, to buy for him such and such Medicines, and send them down, which when I viewed, they were Medicines quoted by Authors living in another Nation, and not to be had in London for Love nor Money; so the poor man had spent much pains and brains in studying Medicines for a Disease that were not to be had: so a man reading Gerrards or Parkinsons Herbal for the Cure of a Disease, he may as like as not, light on an Herb that is not here to be had, or not without great difficulty, if possible; but in mine, all grow neer him.

2 My last, though not the least of my Reasons is, Neither Gerrard nor Parkinson, nor any that ever wrote in the like Nature, ever gave one wise Reason for what they wrote, and so did nothing else but train up yong Novices in Physick in the School of Tradition, and teach them just as a Parrot is taught to speak; an Author saith so, therfore 'tis true; and if all that Authors say be true, why do they contradict one another? But in mine, if you view it with the Eye of Reason, you shall see a Reason for every thing that is written, whereby you may find the very Ground and Foundation of Physick; you may know what you do, and wherefore you do it; and this shall call me Father, it being (that I know of) never done in the world before.

I have now but two things more to write, and then I have done.

1 What the Profit and Benefit of this Work is.

2 Instructions in the Use of it.

1 The Profit and Benefits arising from it, or that may accrue to a wise

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man from it; are many, so many that should I sum up all the particulars, the Epistle would be as big as the Book; I shall only quote some few general Heads.

First, The admirable Harmony of the Creation is herein seen, in the influence of Stars upon Herbs, and the Body of Man, how one part of the Creation is subservient to another, and all for the use of Man, whereby the infinite Power and Wisdom of God in the Creation appears: and if I do not admire at the simplicity of the Ranters, never trust me; who but viewing the Creation can hold such a foolish Opinion, as that it was from Eternity, when the Mysteries of it are so clear to every eye? but that Scripture shall be verified to them, Rom. 1. 20. The invisible things of Him from the Creation of the World are clearly seen, being understood by the things that are made, even His Eternal Power and Godhead, so that they are without excuse. And a Poet could teach them a better Lesson:

Excideret ne tibi Divini muneris Author
Presentem monstrat, quælibet Herba Deum.

Because out of thy thoughts God should not pass,
His Image stamped is on every Grass.

This indeed is true, God hath stamped his Image upon every Creature, and therefore the abuse of the Creature is a great sin; but how much more doth the wisdom and Excellency of God appear if we consider the Harmony of the Creation in the Vertue and Operation of every Herb? This is the First.

Secondly, Hereby thou maiest know what infinite knowledge Adam had in his Innocency, that by looking upon a Creature, he was able to give it a name according to his Nature, and by knowing that, thou maiest know how great thy fall was, and be humbled for it even in this respect, because hereby thou art so ignorant.

Thirdly, Here is the right way for thee to begin the study of Physick if thou art minded to begin at the right end, for here thou hast the Reason of the whole Art. I wrote before in certain Astrological Lectures which I read, and Printed, intituled, Semeiotica Uranica, what Planet caused (as a second Cause) every Disease, and how it might be found out what Planet caused it; here thou hast what Planet cures it by Sympathy and Antipathy; and this brings me to my last promise, viz.

Instructions for the right use of the Book.

And herein let me premise a word or two, The Herbs, Plants, &c. are now in the Book appropriated to their proper Planets. Therefore,

First, Consider what Planet causeth the Disease: that thou maiest find in my Semeiotica.

Secondly, Consider what part of the Body is afflicted by the Disease, and whether it lie in the Flesh, or Blood, or Bones, or Ventricles.

Thirdly, Consider by what Planet the afflicted part of the Body is governed: that my Semeiotica wil inform you in also.

Fourthly, You have in this Book the Herbs for Cure appropriated to the several Diseases, and the Diseases for your ease set down in the Margin, whereby

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by you may strengthen the part of the Body by its like; as the Brain by Herbs of Mercury, the Breast and Liver by Herbs of Jupiter, the Heart and Vitals by Herbs of the Sun, &c.

Fifthly, You may oppose Diseases by Herbs of the Planet opposite to the Planet that causeth them: as Diseases of Jupiter by Herbs of Mercury, and the contrary; Diseases of the Luminaries by Herbs of Saturn, and the contrary; Diseases of Mars by Herbs of Venus, and the contrary.

Sixthly, There is a way to cure Diseases sometimes by Sympathy, and so every Planet cures his own Disease, as the Sun and Moon by their Herbs cure the Eyes, Saturn the Spleen, Jupiter the Liver, Mars the Gall and Diseases of Choller, and Venus Diseases in the Instruments of Generation.

Seventhly, There was a small Treatise of mine of Humane Vertues, printed at the latter end of my Ephemeris for the year 1651. I suppose it would do much good to young Students to peruse that with this Book.

Eighthly, Young Students would do themselves much good, and benefit themselves exceedingly in the Study of Physick, if they would take the pains to view the Vertues of the Herbs, &c. in the Book, and compare them to these Rules, they shall to their exceeding great content find them all agreeable to them, and shall thereby see the reason why such an Herb conduceth to the Cure of such a Disease.

Ninthly, I gave you the Key of all in the Herb Wormwood, which is because of the volubility of the Language, any think it will not fit the Lock, I have given it you again in another Herb of the same Planet in the Book, plainly without any circumstances.

The Herb is *Carduus Benedictus*, which is in the Alphabetical Order in the Book, to which place I refer you.

If you please to make use of these Rules, and them at *Carduus*, in the Book, you shall find them true throughout the Book, and by heeding them, you may be able to give a Reason of your Judgment to him that asketh you: I assure you it gave much content to me, and for your goods did I pen it; but I must conclude, my Epistle having exceeded its Bounds already: Hereby you see what Reason may be given for Medicines, and what necessity there is for every Physician to be an Astrologer, you have heard it before I suppose, but now you know it; what remains, but that you labor to glorify God in your several places, and do good to your selves first by increasing your knowledge, and to your Neighbors afterwards by helping their infirmities; some such I hope this Nation is worthy of, and to such shall I remain a Friend: and when the Purchaser may without fear of Theeving Knaves enjoy their just Proprieties in their Copies, I shall not fail to bring forth many more Books for a common good in the English Tongue for the benefit of all my Country-men, poor or rich.



Spittle Fields next door
to the Red Lyon.
September, 5. 1653.

Nich. Culpeper.

A N

ALPHABETICAL TABLE

OF ALL THE HERBS AND PLANTS.

In this Book;

As also what PLANET governeth every one of them.

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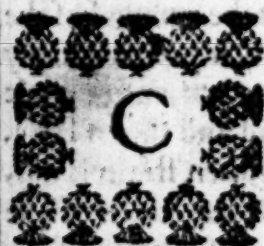


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THE *English Physitian enlarged.*

Amara-dulcis.



Onsidering diverse Shires in this Nation give divers Names to one and the same Herb, and that common Name which it bears in one County, is not known in another: I shall take the pains to set down all the Names that I know of each Herb: pardon me for setting that Name first which is most common to myself; besides Amara-dulcis, some call it Morral, others Bitter-sweet, some Woody-Nightshade, and others Felon-wort.

Description.] It grows up with woody stalks even to a mans height; and sometimes higher: The leaves fall off at the approach of Winter, and spring out again of the same stalk at Spring time: the Branch is compassed about with a whitish bark, and hath a peeth in the middle of it: the main Branch brancheth it self out into many smal ones, with claspers, laying hold on what is next to them, as Vines do. It bears many leaves, they grow in no order at all, or at least wise in no vulgar order: the leaves are longish, though something broad and pointed at the ends; many of them have two little leaves growing at the end of their foot stalk, some of them have but one, and some none; the leaves are of a pale green colour: the flowers are of a purple colour, or of a perfect blue, like to Violets; and they stand many of them together in knots: the Berries are green at the first, but when they are ripe, they are very red: if you taste them, you shall find them just as the crabs which we in *Sussex* call Bitter-sweet, viz. sweet at first, and bitter afterwards.

Place.] They grow commonly almost throughout *England*, especially in moist and shady places.

Time.] The leaves shout out about the latter end of *March*, if the

the temperature of the air be ordinary it flowereth in July, and the seeds are ripe soon after, usually in the next month.

Government and Vertues.] It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his influence; it is excellent good to remove Witchcrafts both in men and beasts, as also all suddain Diseases whatsoever, being tyed round about the neck, it is one of the admirablif remedies for the

Witchcraft

Vertigo.

Felons.

Vertigo, or Disinels in the head that is, and that's the reason (as *Tragus* saith) the people in *Germany* commonly hang it about their cartels necks when they fear any such evil hath betided them. Country people commonly use to take the berries of it and having bruised them, they apply them to Felons, and thereby soon rid their fingers of such troublefom guests.

Obstructions of the Liver and Spleen, difficulty of Breathing, bruises, falls, congealed blood, dropfie, yellow and black Jaundice, Women after delivery.

We have now shewed you the External use of the Herb, we shall speak a word or two of the Internal, and so conclude: Take notice that it is a *Mercurial herb*, and therefore of very subtile parts, as indeed all *Mercurial plants* are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as Oak) then put it in a pot, and put to it three pints of white Wine, put on the pot-lid and shut it close, then let it infuse hot over a gentle fire 12. hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help difficulty of breath, bruises, and falls, and congealed blood in any part of the body, to help the yellow Jaundice, the Dropfie, and black Jaundice, and to cleanse Women newly brought in bed: you may drink a quarter of a pint of the infusion every morning, it purgeth the body very gently, and not churlishly as some hold; and when you find good by this, remember me.



Alheale.

It is called Alheal, Hercules Alheal, and Hercules Wound-wort, because it is supposed that Hercules learned the herb and its vertues from *Chyron*, when he learned Physick of him: some call it Panay, and others Opopanay-wort.

Description.] Its Root is long, thick, and exceeding full of juyce, of a hot and biting taste; the Leaves are great and large, and winged almost like Ash-tree leaves, but that they are something hairy, each leaf consisting of five or six pair of such wings set one against the other, upon foot stalks broad below, but narrow toward the end, one of the leaves is a little deeper at the bottom than the other, of a fair, yellowish, flesh, green colour; they are

are of a bitterish taste, being chewed in the mouth; from amongst these riseth up a stalk, green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joynts, and some leaves thereat; towards the top come forth umbels of smal yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

Place.] Having given you the Description of the Herb from the bottom to the top, give me leave to tell you that there are other Herbs called by this name; but because they are strangers in England, I gave only the Description of this which is easie to be had in the Gardens of divers.

Time.] Although Gerard say That they flower from the beginning of May to the end of December, experience teacheth them that keep it in their gardens, that it flowers not till the latter end of Summer, and sheds it seeds presently after.

Government and Vertues.] It is under the Dominion of Mars; hot, biting, and chollerick: and remedies what evils Mars afflicts the body of Man with by sympathy, as Vipers flesh attract poyson, and the Loadston iron: It kills the worms, helps the Gout, Cramp, and Convulsion; provokes Urin, and helps all Joynt-aches, it helps all cold griefs of the Head, the Verrigo Falling sickness, and Lethargy, the wind Chollick, obstructions of the Liver and Spleen, Stone in the Kidnies and Bladder, it *worms*, provokes the Terms, expels the dead Birth, it is excellent good Gout for the grief of the Sinews, Itch, Sores, and Tooth ach, the bi-Cramp, stings of mad Dogs and venemous Beasts, and purgeth Chollor *Convulsion* very gently.

*provoke u-
rin, Joynt-*

*aches, Vertigo, Falling sickness, Leathargie, Chollick, obstructions of the Li-
ver and Spleen, Stone, Terms provokes, dead Birth, Sinews, Itch, Sores,
Tooth ach, mad Dogs, venemous Beasts, Chollor.*



Alkanet.

BESIDES the common Name it is called Orchanet, and Spanish Bugloss, and by Apothecaries, Anchusa.

Description.] Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one take this Description, It hath a great and thick Root, of a redish colour, long, narrow, hairy leaves, green like the leaves of Bugloss which lie very thick upon the ground, the stalks rise up compacted round about thick with leaves which are lesser and narrower,

The English Physician enlarged.

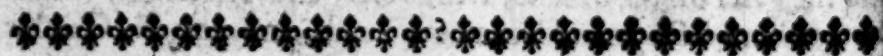
then the former, they are tender and slender, the flowers are hollow, small, and of a redish purple colour, the seed is greyish.

Place.] It grows in Kent neer Rochester, and in many places in the West Countrey, both in Devonshire and Cornwel.

Time.] They flower in July and the beginning of August, and the Seed is ripe soon after, but the Root is in its prime as Carrots and Persnips are before the herb run up to stalk.

Ulcers In- Government and Vertues.] It is an Herb under the dominion of Venus, and indeed one of her darlings, though something hard Earnings to come by. It helps old Ulcers, hot Inflammations, burnings by S. Anth. fire common Fire, and S^t Antonies fire, by antipathy to Mars, for Morpheus, these uses, your best way is to make it into an Ointment; also if Leprosie, you make a Viniger of it, as you make Viniger of Roses, it helps dead Child the Morpheus and Leprosie, if you apply the herb to the Privities yell. Jaund it draws forth the dead Child, it helps the yellow Jaundice, spleen, gra- Spleen, and Gravel in the Kidneys, (Diascorides saith) it helps vel, Vene- such as are bitten by venemous Beasts, whether it be taken in- mousbeasts wardly, or applied to the wound: nay, he saith further, If any Flux, one that hath newly eaten it do but spit in the mouth of a Serpent worms, the Serpent instantly dies. It stayes the Flux of the Belly, kills Mother, Worms, helps the fits of the Mother; its Decoction made in Back, Wine and drunk, strengthens the Back, and easeth the pains thereof, it helps Bruises and Falls, and is as gallant a Remedy to drive out the smal Pox and Measles as any is; an Oyntment made of it, is excellent for green Wounds, Pricks, or Thrusts.

Measles, Wounds.



Adders Tongue, Or, Serpents Tongue.

Descrip- tion. **T**His smal Herb hath but one Leaf, which grows with the Stalk a fingers length above the ground, being fat, and of a fresh green color, broad like the Water Plantane (but less) without any middle Rib in it: from the bottom of which Leaf on the inside, riseth up (ordinarily) one, sometimes two, or three small slender stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green color, like the Tongue of an Adder or Serpent (only this is as useful as they are formidable) The Root continues all the year.

Place.] It groweth in moist Meadows, and such like places.

Time.] And is to be found in April and May, for it quickly perisheth with a little heat.

Government and Vertues.] It is an Herb under the Dominion of the Moon in Cancer, and therefore if the weakness of the Rectentive

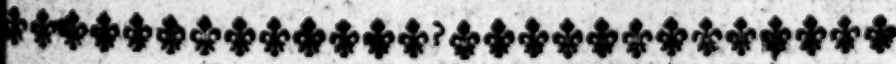
entive Faculty be caused by an evil influence of *Saturn*, in any part of the Body governed by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures those Diseases after specified in any part of the Body under the Influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the Distilled Water of Horstail is a singular Remedy for all manner of Wounds in the Breast, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with Casting, Vomiting, or Bleeding at the Mouth or Nose, or otherwise downwards. The said Juyce given in the distilled Water of Oaken Buds is very good for Women who have their usual Courses, or the Whites flowing down too abundantly. It helps sore Eyes. The Leaves infused or boyled in Oyl of Olive, or unripe Olives, set in the Sun for certain daies, or the green Leaves sufficiently boyled in the said Oyl, is made an excellent green Balsom, not only for green and fresh Wounds, but also for old and inveterate Ulcers, especially if a little fine cleer Turpentine be dissolved therein: It also stayeth and represseth all Inflammations that arise upon pains, by Hurts or Wounds.

Wounds in
the Breast,
Bowels,
Vomiting,
Bleeding,
Terms
stops,
whites,
Wounds,
ulcers, In-
flamati-
ons in
Wounds.

What parts of the Body are under each Planet and Sign, and also what Diseases may be found in my Astrological Judgment of Diseases, and for the internal Work of Nature in the Body of Man, as Vital, Animal, Natural, and Procreative Spirit of Man; The Apprehension, Judgment, Memory: The external Sences, viz. Seeing, Hearing, Smelling, Tasting, and Feeling; the Vertues, Attractive, Retentive, Digestive, Expulsive, &c. under the Dominion of what Planets they are, may be found in my *Ephemeris* for the year 1651. in both which you shal find the Chaff of Authors blown away, by the Fame of Dr. *Reason*, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, To avoid blotting Paper with one thing many times, and also to ease your Purses in the price of the Book, and without to make you studious in Physick, you have at the latter end of the Book, the way of preserving all Herbs either in Juyce, Conserve, Oyl, Oyntment, or Plaister, Electuary, Pill, or Troches.



Agrimony.

*Descrip-
tion.* **T**His hath diverse long Leaves (some greater, some smaller) set upon a Stalk, all of them dented about

the edges, green above, and grayish underneath, and a little hairy withal: Among which ariseth up usually, but one strong, round hairy, brown Stalk, two or three Foot high, with smaller Leaves set here and there upon it; at the top whereof grow many small yellow flowers one above another in long Spikes: after which come rough heads of Seeds hanging downwards which will cleave to and stick upon Garments, or any thing that shall rub against them. The Root is black, long, and somewhat woody, abiding many yeers and shooting afresh every Spring, which Root though small, hath a reasonable good scent.

Place.] It groweth upon Banks near the sides of Hedges, or Pales.

Time.] And it flowreth in *July* and *August*, the Seed being ripe shortly after.

Government and Vertues.] It is an Herb under *Jupiter*, and the Sign *Cancer*, and strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under *Saturn*, *Mars*, and *Mercury*, by Antipathy. If they happen in any part of the Body governed by *Jupiter*, or under the Signs, *Cancer*, *Sagitary*, or *Pisces*, and therefore must needs be good for the Gour, either used outwardly in an Oyl or Oynement, or inwardly in an Electuary or Syrup, or concreated Juyc; for which see the latter end of the Book.

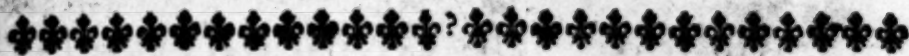
Cleansing,
Drying,
Binding,
Liver,
Jaundice,
Inward
Wounds,
Inward
Bruises,
Bloody &
troubled
Urine,
Chollick,
Breast,
Cough,
Tertian &
Quartan
Agues,
Bloody
flux, ul-
cers, Can-
cers,
Thorns,
Splinters
and Nails
in the flesh
Members
out of
joynt, A-
postumes.

It is of a cleansing and cutting faculty without any manifest heat, moderately drying and binding; It openeth and cleanseth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward wounds, Bruises, Hurts, and other distempers. The Decoction of the Herb made with Wine and drunk is good against the stinging and biting of Serpents, and helps them that have foul, troubled, or bloody waters, and makes them piss cleer speedily; It also helpeth the Chollick, cleanseth the Breast, and rideth away the Cough. A draught of the Decoction taken warm before the Fit, first removes, and in time rideth away the Tertian or Quartan Agues: The Leaves and Seed taken in Wine, stayeth the Bloody flux. Outwardly applied, being stamped with old Swines grease, it helpeth old sores, Cancers, and inveterate Ulcers; and draweth forth Thorns, Splinters of Wood, Nails, or any other such thing gotten into the flesh; it helpeth to strengthen the Members that be out of joynt, and being bruised and applied, or the Juyc dropped in, it helpeth foul and imposthemed Ears.

The distilled Water of the Herb is good to all the said purposes, either inward or outward, but a great deal weaker.

It is a most admirable remedy for such whose Livers are annoyed either by heat or cold. The Liver is the Former of Blood and Blood the Nourisher of the Body, and Agrimony a Strengthenener of the Liver.

I cannot stand to give you a Reason in every Herb why it cureth such Diseases, but if you please to peruse my Judgment in the Herb Wormwood, you shal find them there; and it will be wel worth your while to consider it in every Herb, you shal find them true throughout the Book.



Water-Agrimony.

IT is called in some Countreys, Water Hemp, Bastard Hemp, and Bastard Agrimony, Eupatorium, and Hepatorium, because it strengthens the Liver.

Description.] The Root continues a long time, having many long, slender strings, the stalks grow up about two foot high, sometimes higher; they are of a dark purple color; the Branches are many, growing at distances the one from the other, the one from the one side of the stalk, the other from the opposite point; the Leaves are winged, and much indented at the edges; the Flowers grow at the tops of the Branches, of a brown yellow color, spotted with black spots, having a substance within the midst of them like that of a Daisie, if you rub them between your fingers, they smel like Rozin, or Cedar when it is burnt; the Seeds are long, and easily stick to any woollen thing they touch.

Place.] They delight not in heat, and therefore they are not so frequently found in the Southern parts of England as in the North, where they grow frequently; you may look for them in cold grounds, by ponds, and ditch sides, as also by running waters; sometimes you shal find them grow in the midst of the Waters.

Time.] They al flower in July and August, and the seed is ripe presently after.

Government and Vertues.] It is a Plant of Jupiter as well as the other Agrimony, only this belongs to the Coelestial Sign yellow Cancer. It healeth and drieth, cutteth and clenseth thick and rough humors of the Breast, and for this I hold it inferior to but few Herbs that grow: It helps the Cachexia, or evil disposition of the Body; the drop sic, and yellow Jaundice; it opens obstructions of the Liver, and mollifies the hardness of the Spleen; being applied outwardly, it breaks Imposthumes, taken inwardly, it is an excellent Remedy for the third day Ague; It provokes Urine and the Terms, it kills Worms, and clenseth the Body of sharp Humors, which are the cause of Itch, Scabs; the smoke of the Herb being burnt drives away Flies, Wasps, &c. Itch, Scabs it flies, wasps.

8
Lungs,
Cattel.

The English Physician enlarged.

it strengthens the Lungues exceedingly. Country people give it to their Cattel, when they are troubled with the Cough, or broken winded.



Alehoof, Or Ground-Ivy.

SEveral Countries give it several Names, so that there is scarce an Herb growing of that bigness that hath got so many; It is called Cars-foot, Ground-Ivy, Gill go by ground, and Gill creep by ground, Tun-hoof, Hay-maids, and Alehoof.

Description.] This well known Herb, lieth, spreadeth, and creepeth upon the ground, shooting forth Roots, at the corners of the tender joynted Stalks, set all along with two round Leaves at every Joynt, somewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the Joynts likewise with the Leaves towards the end of the Branches come forth hollow long Flowers, of a bluish purple color; with smal white spots upon the Lips that hang down: The Root is smal with strings.

Place.] It is commonly found under Hedges, and on the sides of Ditches, under Houses, or in shadowed Lanes, and other wast grounds in almost every part of the Land.

Time.] They Flower somewhat early, and abide so a great while; the Leaves continue green untill Winter, and sometimes abide, except the Winter be very sharp and cold.

Inward
Wounds,
Pains, grip-
ping, Wind
Choller,
Stomach,
Spleen,
Belly, stop-
ping in the
Liver, Gal
Plague,
Poyson,

Government and Vertues.] It is an Herb of Venus, and therefore cures the Diseases she causes, by Sympathy, and those of Mars by Antipathy: You may usually find it al the yeer long, except the yeer be extream frosty. It is quick, sharp, and bitter in tast, and is thereby found to be hot and dry; a singular Herb for all inward Wounds, exulcerated Lungues, or other parts, either by it self, or boyled with other the like Herbs: And being drunk, it in short time easeth all griping Pains, windy and chollerick Humors in the Stomach, Spleen, or Belly: helps the yellow Jaundie by opening the stoppings of the Gaul and Liver, and Melancholly by opening the stoppings of the Spleen, expelleth Venom or Poyson, and also the Plague, it provoketh Urin, and Womens Courses: The Decoction of it in Wine drunk for some time together, procureth ease unto them that are

Gaul, Sciatica, sore Hands, Knees, or Feet: and if you put to the Decoction, some Mouth & Honey, and a little burnt Allum, it is excellent good to gargle any sore Mouth or Throat, and to wash the Sores and Ulcers in the

the privy parts of man or woman: It speedily helpeth green *ulcers in* Wounds, being bruised and bound thereunto: The Juyce of it *the Privi-* boyled with a little Honey and *Verdigreece*, doth wonderfully *ties, Itch,* cleanse *Fistulaes, Ulcers,* and stayeth the spreading or eating of *Scabs, web* Cancers and Ulcers; It helpeth the Itch, Scabs, Wheals, and *in the Eye,* other breakings out in any part of the Body. The Juyce of *Ce- Redness &* *londine, Field Dayies,* and Ground-Ivy clarified, and a little *watring of* fine Sugar dissolved therein, and dropped into the Eyes, is a So- *them, Ul-* *veraign Remedy* for all the Pains, Redness, and Watering of *ears, noise* them; as also for the Pin and Web, Skins, and Films growing *in the Ears* over the Sight; It helpeth Beasts as well as Men; The Juyce *Deafness.* dropped into the Ears doth wonderfully help the noise and ringing of them, and helpeth the Hearing which is decayed. It is good to Tun up with new Drink, for it will so clarify it in a night, that it will be the fitter to be drunk the next morning; or if any Drink be thick with removing, or any other accident, it will do the like in a few hours.

Alexander.

IT is also called Alifander, Horse Parsly, and Wild Parsly, and the black Pot-Herb; the Seed of it is that which is usually sold in the Apothecaries Shops for Macedonian Parsly-Seed.

Description.] It is usually sown in all the Gardens in *Europe,* and so well known, that it needs no further Description.

Time.] They Flower in *June,* and *July,* and the Seed is ripe in *August.*

Goverment and Vertues.] It is an Herb of *Jupiter,* and therefore friendly to Nature, for it warmeth a cold Stomach, and openeth stoppings of the Liver and Spleen; it is good to move Womens Courses, to expel the After-birth, to break wind, to provoke Urine, and help the Strangury; and these things the Seeds will do likewise: if either of them be boyled in Wine, or being bruised and taken in Wine, it is also effectual against the biting of Serpents. And now you know what Alexander Portage is good for, that you may no longer eat it out of ignorance, but out of knowledg.

Obstructi-
ons of the
Liver and
Spleen,
provokes
the Terms
Afterbirth
wind, pro-
vokes u-
rin, biting
of Serpents

The Black Alder-Tree.

Descrip- **T**His Tree seldom groweth to any great bigness, but *tion.* for the most part abideth like a Hedge, Bush, or Tree spreading into Branches, the Wood of the Body being white, and of a dark red Core, or Heart; the outward Bark is of

of a blackish color, with many white spots thereon: but the inner Bark next unto the Wood is yellow, which being chewed will turn the Spittle neer unto a Saffron color. The Leaves are somewhat like those of the ordinary Alder-Tree, or the Female Cornel, or Dog-berry-Tree, called in *Sussex* Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the Joynts, which turn into smal round Berries, first green, afterwards red, but blackish when they are through ripe, divided as it were into two parts, wherein is contained two smal, round, and flat Seeds: The Root runneth not deep into the ground, but spreadeth rather under the upper crust of the Earth.

Place.] This Tree or Shrub may be found plentifully in St. Johns Wood by *Hornsey*, and in the Woods upon *Hamsted Heath*; as also at a Wood called the old Park in *Barcomb* in *Sussex*, neer the Brooks side.

Time.] It Flowreth in *May*, and the Berries are ripe in *September*.

*Choller,
Flegm,*

*Jaundice,
Dropfie,
Cachexia,
Liver,
Spleen.*

*Stomach
weak, A-
petite lost,
Flux, Lice
Itch, Scabs
Toothach,
Teeth loos.*

Government and Vertues.] It is a Tree of *Venus*, and perhaps under the Cœlestial Sign *Cancer*. The inner yellow Bark hereof purgeth downwards both Choller and Flegm, and the watry humors of such as have the Dropfie, and strengtheneth the inward parts again by binding. If the Bark hereof be boyled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smallage, Endive, and Succory Roots, and a reasonable draught taken every morning for some time together, it is very effectual against the Jaundice, Dropfie, and the evil disposition of the Body, especially if some sutable purging Medicine have been taken before to avoid the grosser excrements; It purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil humors, and hardness as they are afflicted with: It is to be understood that these things are performed by the dried Bark, for the fresh green Bark taken inwardly, provoketh strong Vomiting, pains in the Stomach, and gripings in the Belly: Yet if the Decoction may stand and settle two or three daies untill the yellow color be changed black, it will not work so strongly as before, but will strengthen the Stomach, and procure an Appetite to meat. The outer Bark contrarywise doth bind the Body, and is helpful for all Lasks and Fluxes thereof, but this must also be dried first, whereby it will work the better. The inner Bark hereof boyled in Vinegar, is an approved remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time: It is singular good to wash the Teeth, to take away the Pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more Milk.

If in the Spring time you use the Herbs before mentioned, and will but take a handful of each of them, and to them ad a handful of Elder Buds, and having broisted them al, boyl them in a Gallon of ordinary Beer when 'tis new, and having boyled them half an hour, ad this to three Gallons more, and let them work together, and drink a draught of it every morning, half a pint, or there abouts: It is an excellent Purge for the Spring, to consume that Flegmatick quality the Winter hath left behind it, and withal keep your Body in health, and consume those evil humors which the heat of Summer will readily stir up, esteem it as a Jewel.

The Common Alder-Tree.

Descrip- tion. **G**Roweth to a reasonable heighth, and spreads much if it like the place: It is so generally well known unto Country people, that I conceive it needless to tell them that which is no news.

Place and Time. It delighteth to grow in moist Woods, and watry places; Flowring in *April* or *May*, and yielding ripe Seed in *September*.

Government and Use. It is a Tree under the Dominion of *Venus*, and of some watry Sign or other, I suppose *Pisces*, and therefore the Decoction or distilled Water of the Leaves, is excellent against Burnings, and Inflammation, either with Wounds or without, to bath the place grieved with, and especially for that inflammation in the Breast which the vulgar call an Ague.

*Burnings,
Inflama-
tions.*

If you cannot get the Leaves (as in Winter 'tis impossible) make use of the Bark in the same manner.

The Leaves and Bark of the Alder-Tree, are cooling, drying, and binding, : The fresh Leaves laid upon swellings, dissolveth them, and stayeth the Inflammations; The Leaves put under the bare feet gauled with travelling are a great refreshing to them: The said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which being suddenly cast out will rid the Chamber of those troublesome Bed-fellows.

*Cooling,
Drying,
Binding,
Swellings,
Fleas.*

Angelica.

TO write a Description of that which is so well known to be growing in almost every Garden, I suppose is altogether needlets: yet for its Vertues it is of admirable use.

In times of Heathenism when men had found out any excellent Herb, &c. they dedicated it to their gods, As the Bay-tree to *Apollo*, the Oak to *Jupiter*, the Vine to *Bacchus*, the Poplar to *Hercules*: These the Papists following as their Patriarchs, they dedicate them to their Saints, as our *Ladies Thistle* to the

Blessed

Blessed Virgin, St. Johns Wort to *St. John*, and another Wort to *St. Peter*, &c. Our Physicians must imitate like Apes, (though they cannot come off half so cleverly) for they Blasphemously call Panthes, or Harts-ease, an *Herb of the Trinity*, because it is of three colors: and a certain Oyntment, an *Oyntment of the Apostles*, because it consisteth of twelve Ingredients; Alas poor Fools, I am sorry for their folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already; O! Why must ours be Blasphemous because the Heathens and Papists were Idolatrous? certainly they have read so much in old rusty Authors, that they have lost al their Divinity, for unless it were amongst the Ranters, I never read or heard of such Blasphemy: The Heathens and Papists were bad, and ours worse; the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks, and therefore some called this, an *Herb of the Holy Ghost*, others more moderate called it *ANGELICA*, because of its Angelical Vertues, and that Name it retains stil, and al Nations follow it so neer as their Dialect wil permit.

Government and Vertues.] It is an Herb of the *Sun* in *Leo*; let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be angular. Observe the like in gathering the Herbs of other Plants, and you may happen to do wonders. In al Epidemical Diseases caused by *Saturnus*, this is as good a Preservative as grows. It resists Poyson by defending and comforting the Heart, Blood, and Spirits; it doth the like against the Plague and al Epidemical Diseases if the Root be taken in Pouder to the weight of half a dram at a time with som good Treacle in Cardus Water, and the party thereupon laid to sweat in his Bed. If Treacle be not to be had, take it alone in Cardus, or Angelica Water. The Stalks or Roots candied and eaten fasting, are good Preservatives in time of Infection; and at other times to warm and comfort a cold stomach. The Root also steeped in Vineger, and a little of that Vineger taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in Glasse, is much more effectual than the Water of the Leaves; and this Water drunk two or three Spoonfuls at a time, easeth al pains and torments coming of cold and wind, so as the Body be not bound: and taken with some of the Root in Pouder at the beginning helpeth the Pluresie, as also al other Diseases of the Lungues and Breast, as Coughs, Phthisick, and shortness of Breath; and a Syrup of the Stalks doth the like: It helps pains of the Chollick, the Strangury, and stopping of the Urine, procureth Womens Courses, and expelleth the After-birth, openeth

Poyson,
Pestilence,
Epidemical
Diseases.

Cold, wind
Pleuresie,
Cough,
Lungues,
Breast,
Strangury,
Shortness
of Breath,
Chollick,
Provokes
the Terms,
afterbirth,

meth the stoppings of the Liver and Spleen, and briefly easeth *stoppings*
and disscusseth all windinels and inward swellings. The Decocti- *of the Li-*
on drunk before the fit of an Ague, that they may sweat (if pos- *ver and*
sible) before the fit come, wil in two or three times taking rid it *Spleen; in-*
quite away: it helps digestion, and is a remedy for a Surfet. The *digestion,*
Juyce, or the Water being dropped into the Eyes or Ears, helps *Surfets,*
dimness of sight, and deafness: The Juyce put into the hollow *Tooth-ach*
Teeth, easeth their pains. The Roots in Pouder made up into
a Plaister with a little Pitch; and laid on the biting of a mad *biting of*
Dog, or any other Venemous Creature, doth wonderfully help: *mad Dogs,*
The Juyce, or the Water dropped, or rents wet therein, and put
into old filthy deep Ulcers, Or the Pouder of the Root (in want *ulcers,*
of either) doth cleanse and cause them to heal quickly, by covering *Gout,*
the naked bones with flesh. The distilled Water applied to pla- *Sciatica,*
ces pained with the Gout or Sciatica, doth give a great deal of
ease.

The wild Angelica is not so effectual as the Garden, although
it may be safely used to al the purposes aforesaid.

Amaranthus.

BESIDES this common Name, by which it is best known by the
Florists of our dayes, it is also called, Flower-Gentle, Flo-
wer-Velure, Floramor, and Velvet Flower.

Description.] It being a Garden Flower, and wel known to e-
very one that keeps of it, I might forbear the Description, yet
notwithstanding, because some desire it, I shal give it: It run-
neth up with a Stalk a cubit high, straked, and somewhat reddish
toward the Root, but very smooth, divided towards the Top
with smal Branches, among which stand long broad Leaves of
a reddish green color, slippery; the Flowers are not properly
Flowers, but Tufts, very beautiful to behold, but of no smell, of a
reddish color; if you bruise them they yield Juyce of the same
color; being gathered they keep their beauty a long time; the
Seed is of a shining black color.

Time.] They continue in flower from *August* til the time the
Frost nip them.

Government and Vertues.] It is under the Dominion of Sa-
turn, and is an excellent qualifier of the unruly actions and passi-
ons of *Venus*, though *Mars* also should joyn with her. The
Flower dried and beaten into pouder, stop the Terms in Wo- *Terms*
men, and so do almost al other red things. And by the Icon, *stops.*
or Image of every Herb, the Ancients at first found out their
Vertues: Modern Writers they laugh at them for it; but I
wonder in my heart how the Vertues of Herbs came at first to be
known, if not by their Signatures: The Modern have them
from the Writing of the Ancients, the Ancients had no Wri-
tings

Flux, bleed-
ing,
Whites,
Running
of the
Reins,
French
Pox.

tings to have them from : but to proceed. The Flowers stop all Fluxes of Blood whether in man or woman, bleeding either by the Nose or Wound. There is also a sort of *Amaranthus* which bears a white Flower, which stops the Whites in women, and the running of the Reins in men, and is a most gallant Antivenerian, and a singular Remedy for the French Pox.

Anemone.

Called also Wind-flower, because they say the flowers never open but when the wind bloweth : *Pliny* is my Author, if it be not so, blame him : The Seed also (if it bears any at all) flies away with the wind.

Place and Time.] They are sown usually in the Gardens of the Curious, and flowers in the Spring-time. As for Description I shal pass it, they being wel known to al those that sow them.

Government and Vertues.] It is under the Dominion of *Mars*, being supposed to be a kind of Crowfoot. The Leaves provoke the Terms mightily being boyled, and the Decoction drunk. The Body being bathed with the Decoction of them, cures the Leprosie. The Leaves being stamped, and the Juyce snuffed up the Nose, purgeth the Head mightily ; so doth the Root being chewed in the mouth, for it procureth much spitting, and bringeth away many watry and flegmatick humors, and is therefore excellent for the Lethargy : and when al is done, let Physitians prate what they please, al the Pills in the *Dispensatory* purge not the Head like to hot things held in the mouth : being made into an Oyntment, and the Eye-lids anointed with it, it helps inflamations of the Eyes, whereby it is palpable that every stronger draweth its weaker like ; the same Oyntment is excellent good to cleanse malignant and corroding Ulcers.

Terms
provokes,

Head pur-
geth,

Lethargie.

Eyes in-
flamed,
Ulcers.

Garden Arrach.

Called also, Orach, and Orage.

Description.] It is so commonly known to every Housewife, it were but labor lost to describe it.

Time.] It flowreth and seedeth from *June* to the end of *August*.

Government and Vertues.] It is under the Government of the *Moon* ; in quality cold and moist like unto her. It softneth and loosneth the body of man being eaten, and fortifieth the expulsive faculty in him. The Herb whether it be bruised and applied to the Throat, or boyled, and in like manner applied it matters not much, it is excellent good for swellings in the Throat, the best way I suppose is to boyl it, and having drunk the Decoction inwardly, apply the Herb outwardly ; the Decoction of it besides, is an excellent remedy for the yellow Jaundice.

Expulsive
Faculty,
Throat,

Yellow
Jaundice.

Arrach,

Arrach, wild and stinking.

Called also Vulvaria from that part of the Body upon which the operation is most; also Dogs Arrach, Goats Arrach, and stinking Mother-wort.

Description.] This hath smal, and almost round Leaves, yet a little pointed, and without dent or cut, of a dusky mealy color, growing on the slender Stalks and Branches that spread on the ground, with smal flowers in clusters set with the Leaves, and smal Seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.

Place.] It grows usually upon Dunghils.

Time.] They flower in *June* and *July*, and their Seed is ripe quickly after.

Government and Vertues.] Stinking Arrach is used as a remedy to help Women pained, and almost strangled with the Mother, by smelling to it: But inwardly taken there is not a better Remedy under the Moon for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an Herb under the Dominion of *Venus*, and under the Sign *Scorpio*: It is common almost upon every Dunghil. The Works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: ('tis the Medicines of the *Colledge of Physitians* that are so dear, and scarce to find.) I commend it for an Universal Medicine for the Womb, and such a Medicine as will easily, safely, and speedily cure any Disease thereof, as the fits of the Mother, Dislocation, or falling out thereof; it cools the Womb being over-heated. (And let me tel you this, and I will tel you but the truth, Heat of the Womb is one of the greatest causes of hard Labor in Child-birth) It makes barren Women fruitful, it clenseth the Womb if it be foul, and strengthens it exceedingly; it provokes the Terms if they be stopped, and stops them if they flow immoderately: You can desire no good to your Womb but this Herb will effect it; therefore if you love Children, if you love Health, if you love Ease, keep a Syrup alwaies by you made of the Juyce of this Herb and Sugar, (or Honey if it be to cleanse the Womb) & let such as be rich keep it for their poor neighbors, and bestow it as freely as I bestow my Studies upon them, or else let them look to answer it another day when the Lord shall come to make inquisition of Blood.

Arch-angel.

To put a gloss upon their practice, the Physicians call an Herb (which Country people vulgarly know by the name of *Dead Nettles*) *Arch-angel*, wherein whether they savor of more Super-

Superstition or Folly, I leave to the Judicious Reader. There is more curiosity than courtesie to my Country men, used by others in the explanation, as wel of the Names as Description of this well-known an Herb: which that I may not also be guilty of, I take this short Description, first of the red Arch-angel.

Description.] This hath diverse squar stalks somewhat hairy at the joynts whereof, grow two sad green Leaves dented about the edges, opposite to one another, the lowermost upon long footstalks, but without any toward the tops, which are somewhat round, yet pointed, and a little crumpled and hairy: Round about the upper joynts where the Leavs grow thick, are sundry gaping flowers of a pale reddish color; after which come the Seeds three or four in a Husk. The Root is smal and thriddy, perishing every yeer: the whol Plant hath a strong scent, but not stinking.

White Arch-angel hath divers square stalks, not standing streight, upright, but bending downward, whereon stand two Leaves at a joynt, larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle Leaves, but not stinging, yet hairy: At the joynts with the Leaves stand larger and more open gaping white flowers, in Husks round about the stalks (but not with such a bush of leaves as flowers set in the top, as is on the other) wherein stand small roundish black Seeds: The Root is white, with many strings at it, not growing downward, but lying under the upper crust of the Earth, and abideth many yeers encreasing: This hath not so strong a scent as the former.

Yellow Arch-angel is like the white in the Stalks and Leaves but that the Stalks are more streight and upright, and the joynts with Leaves are further asunder, having longer Leaves than the former; and the flowers a little larger and more gaping, of a fair yellow color in most, in some paler. The Roots are like the White, only they creep not so much under the ground.

Place.] They grow almost every where (unless it be in the middle of the street) the Yellow most usually in the wet ground of woods, and sometimes in the dryer, in divers Countries of this Nation.

Time.] They flower from the beginning of the Spring al the Summer long.

Vertues and use.] The Arch-angels are somewhat hot and dryer than the stinging Nettles, & used with better success for the stopping & hardnes of the Spleen, than they by using the decoction of the Herb in Wine, & afterwards applying the Herb hot unto the Region of the Spleen as a Plaister, or the Decoction with Spunges. The flowers of the white Arch-angel are preserved, & conserved to be used to stay the Whites, and the flowers of the

Spleen.

Whites.

Melancho-ly, Quartan Agues, Bleeding at Nose, Swellings, Kings Evil, Gout, Sciatica, Joynts, Ulcers, old sores, Bruises, Burnings.

Red to stay the Reds in Women. It makes the heart merry, drives away Melancholly, quickens the Spirits, is good against Quartan Agues, stancheth bleedings at mouth or nose, if it be stamped and applied to the nape of the Neck: The Herb also bruised, and with some Salt and Vineger, and Hogs Grease laid upon any hard tumor or swelling; or that which is vulgarly called the Kings Evil, doth help to dissolve or discuss them, and being in like manner applied, doth much allay the pains, and give ease to the Gout, Sciatica, and other aches of the Joynts and Sinews: It is also very effectual to heal al green Wounds, and old Ulcers, also to stay their fretting, gnawing, and spreading; It draweth forth Splinters and such like things gotten in to the flesh, and is very good against bruises and burnings. But the yellow Arch-angel, is most commended for old filthy corrupt Sores and Ulcers, yea, although they grow to be hollow; and to dissolve tumors. The chief use of them is for Women, it being an Herb of *Venus*, and may be found in my *Guide for Women*.

Arf-smart.

THe hot Arf-smart is called also Water-Pepper, Culrage: The mild Arf-smart is called dead Arf-smart, Porcicaria, or Peach-wort, because the Leaves are so like the Leaves of a Peach-tree; it is also called Plumbago.

Description of the mild.] This hath broad Leaves set at the great red Joynts of the Stalks, with semicircular blackish marks on them usually, yet sometimes without: The flowers grow in long Spikes usually, either bluish or whitish with such like Seed following. The Root is long, with many strings thereat, perishing yeerly; this hath no sharp tast (as another sort hath, which is quick and biting) but rather sower like Sorrel, or else a little drying, or without tast.

Place.] It grows in watery Plashes, Ditches, and the like, which for the most part are dry in Summer.

Time.] It flowreth in *June*, and the Seed is ripe in *August*.

Government and Vertues.] As the Vertues of both these is various, so are also their Government; for that which is hot and biting, is under the Dominion of *Mars*, but *Saturn* challengeth the other, as appears by that Leaden color'd spot he hath placed upon the Leaf.

Ulcers It is of a cooling and drying quality, and very effectual for pur-
trified Ulcers in Man or Beast, to kill Worms, and cleanse the
Cold swell- putrified Places: The Juyce thereof dropped in, or otherwise
ings, brui- applied, consumeth al cold swellings, and dissolveth the con-
ses, Conge- gealed Blood of bruises by strokes, falls, &c. A piece of the
led Blood, Root, or some of the seed bruised and held to an aching Tooth,
Toothach, taketh away the pain. The Leaves bruised and laid to the
Felones, or Joynt that hath a Felon thereon, taketh it away. The Juyce de-
Andicoms, stroyeth

Worms in Ears, stroyeth Worms in the Ears being dropped into them: if the hot Arsmart be strowed in a Chamber, it will soon kill all the *Fa- ty- Fleas;* and the Herb or Juyce of the cold Arsmart put to a Horse *red Horses* or other Cattle's sores will drive away the Flie in the hottest time of Summer; a good handful of the hot biting Arsmart put under a Horse's Saddle, will make him travel the better, although he were half tyred before: The mild Arsmart is good against *Inflam- tions,* hot Imposthumes and Inflammations at the beginning, and to heal *Wounds,* green Wounds.

All Authors chop the Vertues of both sorts of Arsmart together, as men chop Herbs for the Pot, when both of them are of clean contrary qualities, The hot Arsmart groweth not so high, or tall, as the mild doth, but hath many leaves of the colour of Peach leaves, very seldom or never spotted, in other particulars it is like the former, but may easily be known from it, if you will be but pleased to break a leaf of it cross your tongue, for the hot will make your tongue to smart, so wil not the cold; if you see them both together, you may easily distinguish them, becaus the mild hath far broader leaves: and our Colledg of Physitians out of their learned care for the publick good, *Anglite* their own gain, mistake the one for the other in their *New-Master-Piece*, whereby they discover, 1 Their Ignorance, 2 Their Carelesness, and he that hath but half an eye, may see their pride without a pair of Spectacles. I have done what I could to distinguish them in their Vertues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason, nor his Brother Dr. Experience, concerning either of them both.

Afarabacca.

Description.] A Sarabacca hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own footstalk, which are rounder and bigger than Violet Leaves, thicker also, and of a darker green shining colour on the upper side, and of a paler yellow green underneath, little or nothing dented about the edges: from among which rise smal, round, hollow, brown, green husks, upon short stalks about an inch long, divided at the brims into five divisions, very like the Cups or Heads of the Henbane seed, but that they are smaller: and these be all the Flowers it carrieth, which are somewhat sweet, being smelled unto, and wherein when they are ripe is contained smal cornered, rough Seeds, very like the Kernels or Stones of Grapes or Raisons. The Roots are smal and whitish, spreading divers wayes in the ground, and encreasing into divers Heads: but not running or creeping under the ground as some other creeping Herbs do: They are somewhat sweet in smel, resembling Nardus, but more when they are dry, than green: and of a sharp, but not unpleasant tast.

Place.] It groweth frequently in Gardens.

Time.] They keep their Leaves green al Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe Seed about Midsummer, or somewhat after.

Government and Vertues. } 'Tis a Plant under the Dominion of Mars,

and therefore inimical to Nature. This Herb being drunk, not
causeth only provoketh Vomiting, but purgeth downward, and by Urin
Vomiting, also, purging both Choller and Flegm: if you ad to it some
Choller, Spicknard, with the Whey of Goats-milk, or Honyed Water, it
Flegm, is made more strong, but it purgeth Flegm more manifestly than
Urin, Chollor, and therefore doth much help pains in the Hips and o-
Obstruction ther parts, it being boyled in Whey, it wonderfully helpeth the
ons of the Obstructions of the Liver and Spleen, and therefore profitable
Liver and for the Dropsie and Jaundice being steeped in Wine and drunk.
Spleen, It helps those continual Agues that come by the plenty of stub-
Dropsie, borna humors: an Oyl made thereof by setting it in the Sun;
Jaundice, with some Laudanum added to it, provoketh sweating (the ridg
Agues. of the Back being anointed therewith) and thereby driveth away
the shaking fits of the Agues. It will not abide any long boyling,

for it loseth its chiefest strength thereby: nor much bearing, for the finer
Powder doth provoke Vomits and Urin, and the coarser purgeth downwards.

The common use hereof, is, to take the Juyce of five or seven Leaves in a
little drink to caus Vomitings: the Roots have also the same Vertue, though
they do not operate so forcibly, yet they are very effectual against

Serpents, the biting of Serpents, and therefore is put as an ingredient both
Head, into Methridate and Venice Treacle. The Leaves and Roots be-
Memory. ing boyled in Ly, and the Head often washed therewith, while it
is warm, comforteth the Head and Brain that is ill-affected by

taking cold, and helpeth the Memory.

I shal desire Ignorant people to forbear the Use of the Leaves; the Roots
purge more gently, and may prove beneficial in such as have Cancers, or old
putrified Ulcers, or Fistulaes upon their Bodies, to take a dram of them in
Pouder in a quarter of a pint of white Wine in the morning. The truth is,
I fancy Purging and Vomiting Medicines as little as any Man breathing
doth, for they weaken Nature, nor shal never advise them to be used unless up-
on urgent necessity. If a Physician be Natures Servant, it is his duty to
strengthen his Mistress as much as he can, and weaken her as little as may be.

Asparagus, Sparagus, or Sperage.

Descri- **I**T riseth up at first with divers whitish green scaly Heads, very
ption. brittle or easie to break while they are yong, which afterwards
rise up in very long and slender green stalks, of the bigness of an ordinary ri-
ding wand at the bottom of most, or bigger or lesser, as the Roots are of
growth: on which are set divers branches of green Leavs, shorter and smaller
than Fennel to the top: at the joynts whereof come forth smal mossie yellow-
ish Flowers, which turn into round Berries, green at the first, and of an excel-
lentred colour when they are ripe, shewing like Beads of Corral, wherein are
contained exceeding hard, black Seeds. The Roots are dispersed from a spon-
geous head into many long, thick, and round strings, whereby it sucketh much
nourishment out of the ground, and encreaseth plentifully thereby.

Prickly Asparagus, Sparagus, or, Sperage.

Descri- p- tion.] It groweth usually in Gardens, and some of it grows wild in Aple- ton Meadow in Gloucester-shire, where the poor people do ga- ther the Buds, or yong Shoots, and sel them cheaper than our garden Asparagus is sold at London.

Time.] They do for the most part Flower, and bear their Berries late in the year, or not at al, although they are housed in Winter.

Government and Vertues.] They are both under the Dominion of Jupiter. The young Buds, or Branches, boyled in ones ordinary broth, maketh the belly soluble and open, and boyled in white Wine, provoketh Urin being stopped, and is good against **Belly,** the Strangury, or difficulty of making water, it expelleth the gra- **Strangury,** vel and stone out of the Kidneys, and helpeth pains in the Reins: **Disury** And boyled in white wine or Vinegar, it is prevalent for them **Gout, Sci-** that have their Arteries loosned, or are troubled with the Hip- **atica, Eyes** **Toothach.** Gout, or Sciatica. The Decoction of the Roots boyled in wine and taken, is good to clear the sight, and being held in the mouth easeth the toothach: and being taken fasting several mornings together stirreth up bodily Lust in Man or Woman (whatsoever some have written to the contrary.) The garden Asparagus nourisheth more than the wild, yet hath it the same effects in al the aforementioned Diseases. The Decoction of the Roots in white wine, and the Back and Belly bathed ther- **Reins,** with, or kneeling or lying down in the same, or sitting therein as **Bladder,** a Bath, hath been found effectual against pains of the Reins and **Mother,** Bladder, pains of the Mother and Chollick, and generally against **Cramp,** al pains that happen to the lower parts of the Body, and no less **Chollick,** effectual against stiff and benumbed Sinews, or those that are **Convulsion** shrunk by Cramps and Convulsions, and helpeth the Sciatica.

Ash-tree.

THis is so wel known, that time wil be mispent in writing a De- scription of it; and therefore I shal only insist upon the Vertues of it.

Government and Vertues.] It is governed by the Sun, and the yong ten- der Tops with the Leaves taken inwardly, and some of them outwardly, ap- **Adders &** **Vipers bi-** **ting, Drop-** **sie, Stone,** **Faundice,** **Leprosie,** **scabs, scald** **Heads,** **Stitches,** **Stone, Di-** **stury, sickness.** **plyed,** are singular good against the biting of the Viper, Adder, or any other venomous Beast: and the Water distilled therfrom, being taken a smal quantity every morning fasting, is a singular Medicine for those that are subject to a Dropsie, or to abate the greatness of those who are too gros or fat. The Decoction of the Leaves in white Wine, helpeth to break the Stone and ex- pel it, and cureth the Jaundice. The Ashes of the Bark of the Ash made into Ly, and those Heads bathed therewith which are Leprous, Scabby, or Scal'd, they are thereby cured. The **Kernels** within the Husks commonly called Ashen Keyes pre- vaileth against Stitches & pains in the sides proceeding of wind, and avoideth away the Stone by provoking Urin.

I can justly except against none of al this, save only the first, viz. That Ash-tree Tops and Leaves are good against the biting of Serpents and Vipers, and I suppose this had its rise from Gerard or Pliny, both which hold that there is such an Antipathy between an Adder and an Ash-tree, that if an Adder be compassed round with Ash-tree leaves, she wil sooner run through the fire than through the leaves, the contrary to which is the truth, as both my eyes are witness: the rest are Vertues something likely, only if it be in winter when you cannot get the leaves, you may safely use the bark instead of them, the Keys you may easily keep al the year, gathering them when they are ripe.

Avens, called also Clovewort, and Herb Benet.

**Descri-
ption]** The ordinary *Avens* hath many long, rough, dark green, winged Leaves rising from the Root, every one made of many Leaves set on each side of the middle Rib, the largest three whereof grow at the ends and are snip'd or dented round about the edges: the other being smal pieces, sometimes two, and sometimes four, standing on each side of the middle rib underneath them: among which do rise up divers rough or hairy stalks about two foot high, branching forth with leaves at every joynt, not so long as those below, but almost as much cut in on the edges, some into three parts, some into more: On the tops of the branches stand smal pale yellow Flowers consisting of five leaves, like the Flowers of Cynkfoil, but larger in the middle, whereof standeth a smal green Head, which when the Flower is fallen groweth to be rough and round, being made of many long greenish purple seeds (like grains) which wil stick upon your Cloaths: the Root consists of many brownish strings or fibres, (smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and drier grounds, and in the freer and cleer air.

Place.] They grow wild in many places under Hedg-sides, and by the Path-ways in fields, yet they rather delight to grow in shadowy than in Sunny places.

Time.] They Flower in May and June for the most part, and their seed is ripe in July at the furthest.

Government and Vertues.] It is Governed by Jupiter, and that gives hopes of a wholsom healthful Herb. It is good for the Diseases of the Chest or Breast, for pains and Stitches Breasts, Stitches, in the sides, and to expel crude and raw humors from Wind, Belly, stomach, the Belly and Stomach by the sweet savor and warm inward wounds, bearing quality: it dissolveth the inward congealed bloud cold, brain, obstructions, Cholicke, Fluxes, if the Roots eithet green or dried, be boyled in Wine Ruptures, Spots and and drunk, as also al manner of inward wounds or outward marks in the Face, ward if they be washed or bathed therewith. The De- Plague, Poyson, In-coction also being drunk comforteth the Heart, and digestion.

strengtheneth the Stomach, and a cold Brain, and therefore is good in the Spring time to open Obstructions of the Liver, and helpeth

helpeth the wind Chollick: it also helpeth those that have Fluxes, or are bursten, or have a Rupture: it taketh away spots or marks in the Face, being washed therewith, The juyce of the fresh Root or Pouder of the dried Root hath the same effect with the Decoction. The Root in the Spring time steeped in Wine doth give it a delicate savor and tast, and being drunk fasting every morning comforteth the Heart, and is a good Preservative against the Plague, or any other Poyson: it helpeth Digestion, and warmeth a cold Stomach, and openeth the Obstructions of the Liver and Spleen.

It is very safe, you need have no Dose prescribed; and is very fit to be kept in every bodies house.

Balm.

THis Herb is so wel known to be an inhabitant almost in every Garden that I shal not need to write any Description thereof, although the Vertues thereof which are many, may not be omitted.

Government and Vertues.] It is an Herb of *Jupiter*, and under *Cancer*, and strengthens Nature much in al its actions: let a Syrup made with the juyce of it and Sugar, (as you shal be taught at the latter end of the Book) be kept in every Gentlewomans house, to releve the weak stomachs and sick Bodies of their poor sickly neighbors, as also the Herb kept dry in the house that so with other convenient Simples you may make it into an Electuary

with Hony according as the Disease is, and as you shal be taught at the latter end of the Book. The *Arabian* Physitians have extolled the Vertues hereof to the Skies, although the *Greeks* thought it not worth mentioning. *Serapis* saith, It causeth the Mind and Heart to become merry, and reviveth the Heart fainting into swoonings, especially of such who are overtaken in their sleep, and driveth away al troublesome cares and thoughts out of the Mind arising from Melancholly, or black Choller: which *Avicen* also confirmeth. It is very good to help Digestion, and open Obstructions of the Brain: and hath so much purging quality in it (saith *Avicen*) as to expel those Melancholly vapors from the Spirits and Blood which are in the Heart and Arteries, although it cannot do so in other parts of the Body. *Dioscorides* saith, That the Leaves steeped in Wine, and the Wine drunk, and the Leaves externally applyed, is a remedy against the sting of Scorpions, and the bitings of Mad Dogs, and commendeth the Decoction thereof for Women to bath or sit in to procure their Courses: it is good to wash aching teeth therewith, and profitable for those that have the bloody-Flux. The Leaves also with a little Nitre taken in Drink, are good against a surfet of *Mushrooms*, helps the griping pains of the Belly, and being made into an Electuary, it is good for them that cannot fetch their breath: used with Salt, it takes away Wens, Kernels, Gout, Li- or hard Swellings in the Flesh or Throat: it clenseth foul Sores, ver Spleen and easeth pains of the Gout: It is as good for the Liver and Spleen.

Woman in
Child-bed,
Fainting
in travel,
Boyls.

Spleen. A Tansie or Cawdle made with Eggs, and the juyce thereof while it is yong, putting to it some Sugar and Rosewater is good for Women in Child-bed, when the After-birth is not thoroughly avoided, and for their Faintings upon, or after their fore Travel. The Herb bruised and boyled in a little Wine and Oyl, and laid warm on a Boyl, will ripen and break it.

Barberry.

THe Shrub is so wel known to every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

Government and Vertues.] Mars owns the Shrub, and presents it to the use of my Country-men to purge their Bodies of Choller. The inner Rind of the Barberry-tree boyled in white-Wine, and a quarter of a pint drunk each morning, is an excellent Remedy to cleanse the Body of Chollerick Humors, and free it from such Diseases as Choller causeth, such be Scabs, Itch, Tetters, Ringworms, yellow Jaundice, Boiles, &c. It is excellent for hot Agues, Burnings, Scaldings, heat of Blood, heat of the Liver, Bloody-flux, for the Berries are as good as the Bark, and more pleasing, they get a man a good Stomach to his Viſuals, by strengthening the attractive faculty, which is under Mars, as you may see more at large in the latter end of my *Ephemeris* for the year 1651. The Hair washed with the Ly made of the Ashes of the tree and water, 'twil make it turn yellow, viz. of Mars his own colour. The Fruit and Rind of the Shrub, the Flowers of Broom and of Heath, or Furz, cleanse the Body of Choller by Sympathy, as the Flowers, Leaves, and Bark of the Peach-tree do by Antipathy: because these are under Mars, that under Venus.

Barly.

THe continual usefulness hereof, hath made al in general so acquainted therewith, that it is altogether needless to describe its several kinds herof plentifully growing, being yearly sown in this Land. The Vertues wherof take as followeth.

Government and Vertues.] It is a notable Plant of Saturn, if you view diligently its effects by Sympathy and Antipathy, you may easily perceive a Reason of them, as also why Barly-Bread is so unwholsom for Melancholly People. *BARLY* in al the Parts and Compositions thereof (except Malt) is more cooling than *wheat*, and a little cleansing: and al the Preparations therof, as Barly-water and other things made thereof, do give great nourishment to persons troubled with Feavers, Agues, and heats in the Stomach. A Pulvice made of Barly-meal or Flower, boyled with Vinegar and Hony, and a few dry Figs put into them, dissolveth al hard Imposthums, and aswageth Inflammations being thereto applied: And being boyled with Melilot and Chamomel-flowers, and some Linseed, Fenugreek, and

Ears, Rue in powder, and applied warm, it easeth the pains in the Sides
Throat, and Stomach, and windiness of the Spleen. The Meal of Barly
Neck, and Fleawort boyled in Water, and made into a Pultis with
Kings-Evil, Honey and Oyl of Lillies, applied warm, cureth swellings under
Leprosie, the Bars, Throat, Neck, and such like: and a Plaister made
Flux, thereof with Tar, Wax, and Oyl, helpeth the Kings-Evil in
Gout, the Throat: boyled with sharp Vineger into a Pultis and laid
Itch on hot, helpeth the Leprosie: Being boyled in red Wine with
Eyes. Pomegranate Rinds and Mirtles, stayeth the Lask or other flux
 of the Belly: Boyled with Vineger and a Quince, it easeth the pains of the
 Gout. Barly flower, white Salt, Honey and Vineger mingled together, taketh
 away the Itch speedily and certainly: The Water distilled from the
 green Barly in the end of May is very good for those that have Defluxions
 of humors fallen into their Eyes, and easeth the pains being dropped into
 them: or white Bread steeped therein and bound on to the Eyes, doth the
 same.

Garden Bazil, Or, Sweet Bazil.

**Descri-
 ption.]** The greater ordinary Bazil riseth up usually with one upright
 Stalk diversly branching forth on all sides, with two Leaves
 at every Joynt, which are somewhat broad and round, yet pointed, of a pale
 green color, but fresh, a little snipt about the edges, and of a strong heady
 scent: The flowers are smal and white standing at the tops of the Branches,
 with two smal Leaves at the Joynt, in some places green, in others brown,
 after which come black Seed. The Root perisheth at the approach of winter,
 and therefore must be new sowed every year.

Place.] It only groweth in Gardens.

Time.] It must be sowed late, and flowers in the heat of Summer, being
 a very tender Plant.

Government and Vertues.] This is the Herb which al Authors are to-
 gether by the Bars about, and rail at one another like Lawyers: Galen and
 Dioscorides hold it not fitting to be taken inwardly: and Chrysippus rails at
 it with down-right Billingsgate-Rhetorick. Pliny, and the Arabian Physici-
 ans defend it.

For mine own part I presently found that Speech true;

Non nostrum inter nos tantas componere lites.

And away to Dr. Reason went I, who told me it was an Herb of Mars,
 and under the Scorpion, and perhaps therefore called Basilicon, and then no
 marvel if it carry a kind of virulent quality with it: Being ap-
Venemous plied to the place bitten by a venomous Beast, or stung by a
Beasts, Wasp or Horner, it speedily draws the Poyson to it; Every like
Bees, draws his like. Mizaldus affirms, That it being laid to rot in
wasps. in Horse-dung it wil breed venomous Beasts. And Hollerius a
Hornets. French Physitian affirms upon his own knowledg, That an ac-
 quaintance of his by common smelling to it, had a Scorpion bred
 in his Brain. Something is the matter this Herb and Rue wil not grow to-
 gether,

gether, no, nor neer one another : And we know Rue is as great an enemy to Poyson as any grows.

To conclude : It expelleth both Birth and After-birth ; and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. I dare write no more of it.

The Bay-Tree.

This is so wel known that it needs no Discription ; I shal therefore only write the Vertues thereof, which are many,

Government and Vertues] I shal but only ad a word or two to what my friend hath written, *viz.* That it is a Tree of the *Sun*, and under the *Cœlestial Sign Leo*, and resisteth Witchcraft very powerfully, as also al the evil old *Saturn* can do to the Body of Man, and they are not a few, for it is the Speech of one, and I am mistaken if it were not *Mixaldus*, That neither Witch nor Devil, Thunder nor Lightning wil hurt a Man in the place where a Bay-Tree is. *Galen* saith, That the Leaves or Bark do dry and heal very much, and the Berries more than the Leaves : The Bark of the Root is less sharp and hot, but more bitter, and hath some astringtion withal, whereby it is effectual to break the stone, and good to open obstructions of the Liver, Spleen, and other inward parts, which bring the Drop sic, Jaundice, &c. The Berries are very effectual against al Poyson of venomous Creatures, and the stings of Wasps and Bees, as also against the Pestilence, or other infectious Diseases, and therefore is put into sundry Treacles for that purpose : They likewise procure Womens Courses ; and seven of them given to a Woman in fore travel of Child birth, do cause a speedy delivery, and expel the After-birth ; and therefore not to be taken by such as have not gone out their time lest they procure Abortion, or cause Labor too soon : They wonderfully help al cold and rhumatick Distillations from the Brain to the Eyes, Lungs, or other parts : And being made into an Electuary with Honey, do help the Consumption, old Coughs, shortness of Breath, and thin Rheums ; as also the Megrim : they mightily expel wind and provoke Urin ; help the Mother, and kil the Worms : The Leaves also work the like effects. A Bath of the Decoction of the Leaves and Berries, is singular good for Women to sit in that are troubled with the Mother, or the Diseases therof, or the stoppings of their Courses, or for the diseases of the Bladder, pains in the Bowels by wind, & stopping of urin : A decoction likewise of equal parts of Bay-berries, Cummin-seed, Hysop, Origanum, and Euphorbium, with some Honey, and the Head bathed therewith doth wonderfully help Distillations and Rheums, and setleth the Pallat of the Mouth into its place. The Oyl made of the Berries is very comfortable in al cold Grievs of the Joynts, Nerves, Arteries, Stomach, Belly, or Womb, and helpeth Pal-
sics,

Stone, Ob-
structions
of the Li-
ver and
Spleen,
Drop sic,
Poyson,
Jaundice,
Bees,
Wasps,
Hornets,
Terms
provokes,
Cause De-
livery,
Afterbirth
Eyes,
Lungs,
Coughs,
Shortness
of Breath,
Megrim,
Wind, ver-
tigo, Disu-
ry, Mother
Worms,
Joynts,

Nerves,
Arteries,
Stomach,
Belly,
Womb,
Ears,
Marks in
the skin,
Itch,
Scabs.

fies, Convulsions, Cramps, Aches, trembling and numbness in any part, weariness also, and pains that come by sore travelling: Algriels and pains likewise proceeding from Wind, either in the Head, Stomach, Back, Belly, or Womb, by anointing the parts affected therewith: And pains in the Ears are also cured by dropping in some of the Oyl, or by receiving into the Ears the warm fume of the Decoction of the Berries through a Funnel. The Oyl takes away marks of the Skin and Flesh by bruises, falls, &c. and dissolveth the congealed Blood in them: It helpeth also the Itch, Scabs, and Wheals in the Skin.

Beans.

Both the Garden and Field Beans are so well known that it saveth me labor of writing any Description of them: Their Vertues followeth.

Government and Vertues.] They are Plants of *Venus*; and the distilled Water of the flowers of Garden Beans is good to cleanse the

Spots,
Stone,
Disury,
Inflama-
tion,
Womens
Breasts,
Felons, or
Andicoms,
Boils, Bru-
ses, Ears,
Eyes,

Face and Skin from spots and wrinkles, and the Meal or Flower of them, or the smal, doth the same. The Water distilled from the green Husks is held to be very effectual against the stone, and to provoke Urine. Bean flower is used in Pultisses to assuage Inflammations rising upon Wounds, and the swelling of Womens Breasts caused by the curding of their Milk, and represseth their Milk: The flower of Beans and Fenugreek mixed with Honey, and applied to Felons, Boils, Bruises, or blue marks by blows, or the Imposthumes in the Kernels of the Ears, helpeth them al: And with Rose Leaves, Frankinsence, and the white of an Egg being applied to the Eyes, helpeth them that are swollen, or do water, or have received any blow upon them if used with Wine. If a Bean be parted in two, the skin being taken away, and laid on the place where a Leech hath been set that bleedeth too much, it stayeth the bleeding. Bean flower boyled to a Pultis with Wine and Vineger and some Oyl put thereto, ceaseth both pain and swelling of the Cods: The Husks boyled in Water to a consumption of a third part thereof, stayeth a Lask: and the Ashes of the Husks made up with old Hogs greafe, helpeth the old pains, Contussions and Wounds of the Sinews, the Sciatica, and Gout. The Field Beans have al the afore mentioned Vertues as the Garden Beans.

Leeches.

Cods swell-
ed, flux,
Pain,
Sinews,
Sciatica,
Gout.

Beans eaten are extream windy meat; but if after the Dutch fashion, when they are half boyled you husk them, and then stew them (I cannot tel you how, for I never was Cook in al my life) they are wholesome Food.

French Beans.

Descri-
ption.]

THis French or Kidney Bean ariseth up at first but with one Stalk, which afterwards divideth its self into many Arms

branches, but also weak, that if they be not sustained with sticks or poles, they will lie fruitless upon the ground: at several places of these branches grow forth long footstalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the top, whereof come forth divers Flowers made like unto Pease Blossoms, of the same color for the most part that the fruit will be of, that is to say, white, yellow, red, blackish, or of a deep purple, but white is most usual; after which come long and slender flat Pods, some crooked, some straight, with a string as it were running down the Back thereof, wherein are contained flattish round fruit made to the fashion of a Kidney; the Root is long, and spreadeth, with many strings annexed to it, and perisheth every year.

There is also another sort of French Beans commonly growing with us in this Land, which is called the Scarlet flowered Bean.

This riseth up with sundry Branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having Footstalks with three Leaves on each as on the other: The Flowers also are in fashion like the other, but many more set together, and of a most Orient Scarlet color. The Beans are larger than the ordinary kind, of a deep purple color, turning black when it is ripe and dry: The Root perisheth also in winter.

Government and Vertues.] These also belong to Dame Venus, and being dried and beat to Pouder are as great strengthners of the Kidneys as any are; neither is there a better Remedy than it, a drachm at a time taken in white Wine to prevent the stone, or to cleanse the Kidneys of gravel or stoppage. The ordinary French Beans are of an easie digestion, they move the Belly, provoke Urine, enlarge the Breast that is straightened with shortness of Breath, engender Sperm, and incite Venery.

And the Scarlet color'd Beans in regard of the glorious beauty of their color, being set neer a Quick-set Hedg, will bravely adorn the same by climbing up thereon, so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go neer to kil the Quick-sets by cloathing them in Scarlet.

Ladies-Bedstraw.

BESIDE the common Name above written it is called Cheese-Rennet, because it performs the same office; as also Gallion, Pettimugget, and Mads-Hair, and by some wild Rosemary.

Description.] This riseth up with divers smal, brown, and square upright stalks, a yard high, or more, sometimes branched forth into divers parts, full of Joynts, and with divers very fine smal Leaves at every one of them, little or nothing rough at all: At the tops of the Branches grow many long tufts or branches of yellow Flowers very thick set together, from the several Joynts which consist of four smal Leaves apiece, which smel somewhat strong, but not unpleasant: The seed is smal and black like Poppy seed, two so

for the most part joyned together: The Root is reddish with many smal thrids fastned unto it, which take strong hold of the ground, and creepeth a little: And the Branches leaning a little down to the ground, take root at the Joynts thereof, whereby it is easily encreased.

There is also another sort of Ladies Bedstraw growing frequently in England, which beareth white Flowers as the other doth yellow; but the Branches of this are so weak that unless it be sustained by the Hedges, or other things near which it groweth, it wil lie down on the ground; the Leaves a little bigger than the former, and the Flowers not so plentiful as those; and the Root hereof is also thriddy, and abiding.

Place.] They grow in Meadows and Pastures both wet and dry, and by the Hedges.

Time.] They flower in May for the most part, and the seed is ripe in July and August.

Government and Vertues.] They are both Herbs of Venus, and therefore strengthen the parts both internal and external which she rules. The

Decoction of the former of these being drunk is good to fret and break the Stone, provokes Urine, stayeth inward bleedings, and healeth inward Wounds: The Herb or Flower bruised and put up into the Nostrils, stayeth their bleeding likewise: The Flowers and the Herb being made into an Oyl by being set in the Sun, and changed after it hath stood ten or twelve daies; or into an Oyntment being boyled in Axungia or Sallet-Oyl, with some Wax melted therein after it is strained; either the Oyl made thereof, or the Oyntment do help Burnings with fire, or Scalding with water: The same also, or the Decoction of the Herb and Flower is good to bath the Feet of Travellers and Lacquies whose long running causeth weariness and stiffness in their Sinews and Joynts: If the Decoction be used warm, and the Joynts afterwards anointed with the Oyntment, it helpeth the dry Scab, and the Itch in Children: And the Herb with the white Flower is also very good for the Sinews, Arteries, and Joynts to comfort and strengthen them after travel, cold, and pains.

Stones,

Disury,

Bleeding,
wounds,

Burnings,
gauled
feet,

weariness,

stiffness of

Joynts,

scabs,itch.

Beets.

Description.] **T**Here are two sorts of Beets which are best known generally, and whereof I shall principally treat at this time, viz. The white and red Beets, and their Vertues.

The common white Beet hath many great Leaves next the ground somewhat large, and of a whitish green color: The stalk is great, strong, and ribbed, bearing great store of Leaves upon it, almost to the very top of it: The flowers grow in very long tufts, smal at the ends, and turning down their heads, which are smal, pale, greenish, yellow Burs, giving cornered prickled Seed. The Root is great, long, and hard, and when it hath given seed of no use at all.

The common red Beet differeth not from the white, but only it is lesser, and the Leaves and the Roots are somewhat red: The Leaves are differently red, in some only with red strakes or veins, some of a fresh red, and others of a dark red. The Root hereof is red, spongy, and not used to be eaten.

Government and Vertues.] The Government of these two sorts of Beets are far different; the red Beet being under Saturn, & the white under Jupiter, therefore take the Vertues of them apart, each by itself. The white Beet doth much loosen the Bel-Obstructions of the Lively, and is of a clensing digesting quality, and provoketh Urine: The Juyce of it openeth obstructions both of the Liver and Spleen, and is good for the Headaches and swimings therein, and turnings of the Brain; and is effectual also against al venomous creatures: & applied upon the Temples, stayeth Inflammations in the Eyes; it helpeth burnings being used without Oyl, & with a little Allum put to it, is good for St. Anthonies fire. It is also good for al Wheals, Pushes, Blisters and Blains in the Skin: The Herb boyled and laid upon Chilblains or Kibes, helpeth them: The Decoction thereof in Water and some Vineger healeth the Itch, if bathed therewith, and clenseth the Head of Dandriff, Scurf, and dry Scabs, and doth much good for fretting and running Sores, Ulcers, and Cankers in the Head, Legs, or other parts, and is much commended against Baldness and shedding of Hair.

The red Beet is good to stay the Bloody flux, Womens Courses, and the Whites, and to help the Flux, terms stops, yellow Jaundice. The Juyce or the Root put into whites, stinking breath, the Nostrils, purgeth the Head, helpeth the noise Noise in the Ears, in the Ears, and the Tooth-ach; the Juyce snuffed up the Nose helps a stinking breath if the cause lies in the Nose, as many times it doth, if any bruise have been there, as also want of smel coming that way.

Water-Betony.

Called also Brown-Wort, and in York shire, Bishops Leaves.

Description.] First of the Water-betony, which riseth up with square, hard, greenish stalks, sometimes brown, set with broad, dark green Leaves, dented about the edges with notches, somewhat resembling the Leaves of the Wood-Betony, but much larger, two for the most part set at a Joynt. The Flowers are many, set at the tops of the stalks and branches, being round bellied, and open at the Brims and divided into two parts, the uppermost being like a hood, and the lowest like a lip hanging down, of a dark red color, which passing away, there comes in their places smal round Heads with smal points, in the ends, wherein lie smal and brownish Seeds: The Root is a thick Bush of strings and threads growing from an Head.

Plant.]

Place.] It groweth by Ditch sides, Brooks, and other Water-courses generally through this Land, and is seldom found far from the Watersides.

Time.] It flowreth about *July*, and the seed is ripe in *August*.

Government and Vertues.] Water-Betony is an Herb of *Jupiter* in *Can-*
ter, and is appropriated more to Wounds and Hurts in the Breast than
Wood-Betony which follows. It is an excellent Remedy for sick Hogs.

Ulcers, It is of a cleansing quality; the Leaves bruised and applied are
effectual for all old and filthy Ulcers; and especially if the
Juyce of the Leaves be boyled with a little Honey, and rent
dipped therein, and the sores dressed therewith: as also for

Bruises, Bruises or Hurts whether inward or outward. The distilled
Water of the Leaves is used for the same purposes; as also to

Sunburn- bath the Face or Hands spotted or blemished, or discolored by
ning. Sunburning.

I confesse I do not much fancy distilled Waters, I mean such
Waters as are distilled cold, some vertue of the Herb they may happily have
(it were a strange thing else) but this I am confident of, that being distilled
in a Pentur Scil, as the vulgar and apish fashion is, both Chymical Oyl
and Salt is left behind, unless you burn them, and then al is spoiled, Water
and al, which was good for as little as can be by such a Distillation. You
have the best way of Distillation in my *Translation of the London Dispensatory*.
The Colledg of Physitians having as much skil in Distillations
as an Als hath in reading Hebrew.

Wood-Betony.

Descri- **T**He Common or Wood-Betony hath many Leaves rising
ption.] from the Root, which are somewhat broad and round at the
ends, roundly dented about the edges, standing upon long Footstalks, from
among which rise up smal, square, slender, but yet upright hairy stalks, with
some Leaves thereon, two apiece at the Joynts, smaller than the lower,
whereon are set several spiked Heads of flowers like Lavender, but thicker
and shorter for the most part, and of a reddish or purple color, spotted with
white spots both in the upper and lower part: The Seeds being contained
within the Husks that hold the flowers are blackish, somewhat long and un-
even. The Roots are many white thriddy strings; the stalk perisheth, but
the Root with some Leaves thereon, abides al the Winter. The whole
Plant is somewhat smal.

Place.] It groweth frequently in Woods, and delighteth in shady places.

Time.] And it flowreth in *July*, after which the Seed is quickly ripe,
yet in its prime in *May*.

Government and Vertues.] The Herb is appropriated to
the Planet *Jupiter*, and the Sign *Aries*. *Antonius Musa*
Physitian to the Emperor *Augustus Caesar*, wrote a pecu-
liar Book of the Vertues of this Herb; and amongst other
Epidemical diseases, **white-** Vertues, saith of it, That it preserveth the Lives and Bod-
diseases, **craft,** **Appetite,** **Indigestion,** **Stec-** dies

Jaundice, falling sicknes, palsy, convulsion, shrinking of the sinews, gout, dropsie, Frensy, cough, cold, shortness of breath, Agues of all sorts, sore Eyes, worms, Obstructions of the Liver and Spleen, stitches, Pains in the back and belly, terms provoked, mother, Childbirth, stone, toothach, Venemous Beasts, mad-dogs, weariness bleeding at mouth & nose, pissing & spitting of blood, Ruptures, bruises, wounds, Veins and sinews cut, ulcers, fistulaes, Boils, Ears.

dies of men free from the danger of Epidemical Diseases, and from Witchcrafts also : It is found by dayly experience to be good for many diseases ; It helpeth those that loath, or cannot digest their Meat, those that have weak stomachs, or sour belchings, or continual rising in their stomach, using it familiarly either green or dry ; either the Herb, the Root, or the Flowers in Broth drunk, or Meat, or made into Conserve, Syrup, Water, Electuary, or Pouder, as every one may best frame themselves unto, or as the time or season requireth, taken any of the aforesaid waies, it helpeth the Jaundice, Falling sickness, the Palsie, Convulsions, or shrinking of the Sinews, the Gout, and those that are inclined to Dropsies, those that have continual Pains in their Head, although it turn to Phrensie. The Pouder mixed with pure Honey is no less available for all sorts of Coughs or Colds, Wheezing, or shortness of Breath, Distillations of thin Rheum, upon the Lungs, which causeth consumptions. The Decoction made with Mead and a little Penyrayal, is good for those that are troubled with putrid Agues, whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the blood and humors that by falling into the Eyes do hinder the sight : The Decoction thereof made in Wine and taken, killeth the Worms in the Belly, openeth obstructions both of the Spleen and Liver, cureth stitches and Pains in the back, or sides, the torments and griping pains of the bowels, and the wind Chollick : and mixed with Honey purgeth the belly, helpeth to bring down Womens Courses, and is of especial use for those that are troubled with the falling down of the Mother, and pains thereof, and causeth an easie and speedy delivery of Women in Childbirth : it helpeth also to break and expel the stone either in the Bladder or Kidneys. The Decoction with Wine, gargled in the Mouth, eateth the Tooth-ach. It is commended against the stinging or biting of Venemous Serpents or Mad Dogs, being used inwardly, and applied outwardly to the place. A dram of the Pouder in Betony taken with a little Honey in some Vineger, doth wonderfully refresh those that are overwearyed by travel ; it stayeth bleedings at the Mouth or Nose, and helpeth those that piss or spit blood, and those that are bursten or have a Rupture, and is good for such as are bruised by any fall, or otherwise. The green Herb bruised, or the Juyce applied to any inward hurt, or outward green Wound in the Head or Body will quickly heal and close it up ; as also any Veins or Sinews that are cut ; and wil draw forth any broken Bone, or Splinter, Thorn, or other thing gotten into the flesh : It is no less profitable for old Sores, or filthy Ulcers, yea, though they be fistulous and hollow, but some do advise to put a little Salt to this purpose : Being applied

applied with a little Hogs Lard, it helpeth a Plague-sore, and other Boils and Pusches: The fumes of the Decoction while it is warm received by funnel into the Ears, easeth the pains of them, destroyeth the worms, and cureth the running sores in them: The Juyce dropped into them doth the same. The Root of Betony is displeasing both to the tast and stomach, whereas the Leaves and Flowers by their sweet and spicy tast, are comfortable both in Meat and Medicine.

These are some of the many Vertues *Antony Musa* an expert Physitian (for it was not the practice of *Ottavins Caesar* to keep Fools about him) appropriates to Betony; It is a very precious Herb that's certain, and most fitting to be kept in a mans house both in Syrup, Conserve, Oyl, Oyntment, and Plaister. The Flowers are usually Conserved.

The Beech-Tree.

IN treating of this Tree, you must understand that I mean the great Mast Beech; which is by way of distinction from that other small rough sort, called in *Suffex*, the small Beech; but in *Essex*, Hornbeam.

I suppose it needless to describe it, being already so well known to my Country-men.

Place.] It groweth in Woods amongst Oaks, and other Trees, and in Parks, Forrests, and Chases, to feed Deer; and in other places to fatten Swine.

Time.] It bloometh in the end of *April*, or beginning of *May* for the most part, and the fruit is ripe in *September*.

Government and Vertues.] It is a Plant of *Saturn*, and therefore performs his qualities and properties in these operations: The
Cools, Leaves of the Beech-Tree are cooling and binding, and therefore
Binds, good to be applied to hot swellings to discuss them: The Nut
Hot swell- do much nourish such beasts as feed thereon: The Water that
lings, is found in the hollow places of decaying Beeches, wil cure both
Scurff, Man and Beast of any Scurf, Scab, or running Tetter, if they
Scabs, be washed therewith. You may boyl the Leaves into a Pulvis
Tettters. or make an Oyntment of them when time of year serves.

Bilberries; called also by some, Whorts, and Whortleberries.

Descriptions.] **O**F these I shal only speak of two sorts, which are commonly known in *England*, *Viz.* The Black, and the Red Bilberries. And first of the Black.

This small Bush creepeth along upon the ground, scarce rising half a yard high, with divers small dark green Leaves set on the green Branches, not always one against another, and a little dented about the edges: At the foot of the Leaves come forth small, hollow, pale, bluish colored flowers, the brims ending in five points; with a reddish thread in the middle, which pass into small round Berries of the bigness and color of Juniper Berries, but of a purple sweetish sharp tast; the Juyce of them giveth a purplish color

to their Hands and Lips that eat and handle them, especially if they break them. The Root groweth a sloop under ground, shooting forth in sundry places as it creepeth: This loseth its Leaves in Winter.

The Red Bilberry, or Whortle-bush, riseth up like the former, having sundry harder Leaves, like the Box-tree Leaves, green and round pointed standing on the several branches, at the tops whereof only, and not from the sides as in the former, come forth divers round Flowers of a pale red colour, after which succeed round, reddish, sappy Berries when they are ripe, of a sharp tast. The Root runneth in the ground as the former, but the Leaves of this abide all the Winter.

Place.] The first groweth in Forrests, on the Heaths, and such like barren places: The Red grows in the North parts of this Land, as *Lancashire, Yorkshire, &c.*

Time.] They Flower in *March* and *April*, and the Fruit of the Black is ripe in *June* and *July*.

Government and Vertues.] They are under the Dominion of *Jupiter*, it is pitty they are used no more in Physick then they are. The Black Bilberries are good in hot Agues, and to cool the heat of the Liver and Stomach: they do somewhat bind the Belly, and stay Vomitings and Loathings: the Juyce of the Berries made into a Syrup, or the Pulp made into a Conserve with Sugar, is good for the purposes aforesaid, as also for an old Cough or an Ulcer in the Lungs or other Diseases therein. The Red Whorts are more binding and stop Womens Courses, spitting of Blood, or any other Flux of Blood or Humors, being used aswel outwardly, as inwardly.

Bifoyl, or Twayblade.

*Descri-
ption.*] **T**His smal Herb from a Root somewhat sweet, shooting downwards many long strings, riseth up a round green stalk bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the flowers, having only two broad Plantan-like Leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

Place.] It is an usual Inhabitant in Woods, Copse, and in many other places in this Land.

There is another sort grows in wet Grounds and Marshes, which is somewhat differing from the former: It is a smaler Plant, and greener, having sometimes three Leaves; the Spike of flowers is less then the former, and the Roots of this do run or creep in the ground.

They are much and often used by many to good purpose for Wounds, Wounds both green and old, and to consolidate or knit Ruptures, and wel it may, being a plant of *Saturn*.

The Birch-tree.

Descri-ption. **T**His groweth a goodly tall straight tree, fraught with many Boughs and slender Branches bending downward; the old ones being covered with a discolored chapped Bark, and the yonger being browner by much: The Leaves at the first breaking out are crumpled, and afterwards like the Beech Leaves, but smaler and greener, and dented about the edges: It beareth smal short Catkins, somewhat like those of the Hazel-nut-tree, which abide on the branches a long time, until growing ripe they fall on the ground, and their Seed with them.

Place.] It usually groweth in Woods.

Government and Vertues.] It is a Tree of *Venus*. The juyce of the leaves while they are yong, or the distilled Water of them, or the Water that comes out of the Tree, being bored with an Augur and distilled afterwards: any of these being drunk for some time together, is available to break the Stone in the Kidneys or bladder, and is good also to wash sore Mouths.

Birds-Foot.

THis smal Herb groweth not above a span high, with many Branches spread on the ground, set with many wings of smal Leaves: The Flowers grow upon the Branches, many smal ones of a pale yellow color, being set at a head together, which afterwards turn into so smal joynted Cods well resembling the Claws of smal Birds, whence it took its name.

There is another sort of *Birds-foot* in all things like the former, but a little larger: the Flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked, and the Roots do carry many smal white knots or kernels amongst the strings.

Place.] These grow on Heaths, and many open untilled places of this land.
Time.] They flower and seed in the end of Summer.

Government and Vertues.] They belong to *Saturn*, and are of a drying binding quality, and thereby very good to be used in Wounds, Dry, Bind, drinks, as also to apply outwardly for the same purpose. But the Wounds, latter *Birds-foot* is found by experience to break the Stones in Stane, the Back or Kidnies, and drive them forth, if the Decoction Ruptures. thereof be taken; and it wonderfully helpeth the Rupture, being taken inwardly, and outwardly applied to the place.

All Salts have best operation upon the Stone, as Oynments and Plaisters have upon Wounds: and therefore you may make a Salt of this for the stone, the way how to do so may be found in my Translation of the *London Dispensatory*, and it may be I may give you again in plainer terms at the latter end of this Book.

Bishops-weed.

Besides the Common Name *Bishops-weed*, its usually known by the greek Name *Ammi* and *Amios*, some call it *Aethiopian Commi-sced*, and others

thers *Commin-royal*, as also *Herb-william*, and *Bulwore*.

Description.] Common *Bishops-weed* riseth up with a round straight stalk, sometimes as high as a man, but usually three or four foot high, beset with divers smal, long, and somewhat broad Leaves, cut in some places, and dented about the edges, growing one against another, of a dark green color, having sundry branches on them, and at the top smal umbels of white flowers, which turn into smal round brown seed, little bigger then Parsly-seed, of a quick hot scent and tast: The Root is white and stringie, perishing yearly after it hath seeded, and usually riseth again of its own sowing.

Place.] It groweth wild in many places in *England* and *Wales*, as between *Greenheath* and *Gravesend*.

Government and Vertues.] It is hot and dry in the third degree, of a bitter tast and something sharp withal, it provokes Lust to purpose: I suppose *Venus* owns it. It digesteth Humors, provoketh Urin and Womens Courses, dissolveth Wind: and being taken in wine, easeth pains & griping in the Bowels, and is good against the biting of Serpents: It is used to good effect in those Medicins which are given to hinder the poysonful operations of *Cantharides* upon the passage of the Urin: Being mixed with Hony, and applied to black and blue marks, coming of blows or bruises, it takes them away: and being drunk or outwardly applyed, it abateth an high colour, and makes it pale: and the Fumes thereof taken with *Rozzen*, or *Raisons*, clenseth the Mother.

Bistort, or Snakeweed.

IT is called Snakeweed, english Serpentary, Dragonwort, Oyfterloit, and Passions.

Description.] This hath a thick, short, knobbed Root, blackish without, and somewhat redish within, a little crooked or turned together, of an harsh astringent tast, with divers black threds hanging there, from whence spring up every yeer divers Leaves standing upon long footstalks, being somewhat broad and long like a Dock-Leaf, and a little pointed at the ends, but that it is of a blewish green colour on the upper side, and of an Ash colour gray, and a little purplish underneath, with divers Veins therin; from among which rise up divers smal and slender stalks, two foot high, and almost naked, and without Leaves, or with very few, and narrow, bearing a spiky bush of pale flesh-colour'd Flowers, which being past, there abideth smal seed, somewhat like unto Sorrel-seed, but greater.

There are other sorts of *Bistort*, growing in this Land, but smaller, both in height, root, and stalks, and especially in the Leavs, The Root blackish without, & somewhat whitish within, of an austere binding tast as the former.

Place.] They grow in shadowy moist Woods, and at the foot of Hills, but are chiefly nourished up in Gardens. The narrow Leaved *Bistort* groweth in the North, in *Lancashire*, *Yorkshire*, and *Cumberland*.

Time.] They flower about the end of *May*, and the seed is ripe about the beginning of *July*.

Government and Vertues.] It belongs to *Saturn*, and is in operation cold and dry. Both the Leavs and Roots have a powerful faculty to resist al poyson: The Root in Pouder taken in drink, expelleth the Venom of the Plague, the smal Pox, Meazles, Purples, or any other infectious Disease, driving it out by sweating: The Root in Pouder, or the Decoction thereof in Wine being drunk, stayeth al manner of inward bleedings or spittings of Blood, and any Fluxes in the body of either Man or Woman, or Vomiting. It is also very available against Ruptures, or Burstings, or al bruises of Fals, dissolving the congealed Blood, and easeth the pains that happen thereupon, it also helpeth the Jaundice. The Water distilled from both Leavs and Roots, is a singular Remedy to wash any place bitten or stung by any Venemous Creature; as also for any of the purposes before spoken of. And is very good to wash any running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindereth Abortion or Miscarriage in Child-bearing. The Leavs also kil the Worms in Children, and is a great help for them that cannot keep their water, if the juyce of Plantane be added therto, and outwardly applied, much helpeth the Gonorrhea, or running of the Reins. A dram of the Pouder of the Root taken in the Water thereof, wherein som red hot Iron or Steel hath been quenched, is also an admirable help thereto, so as the Body be first prepared and purged from the offensive Humors. The Leavs, Seed, or Roots are al very good in Decoctions, Drinks, or Lotians, for inward or outward Wounds or other Sores. And the Pouder strewed upon any cut or wound in a Vein, stayeth the immoderate bleeding thereof: The Decoction of rhe Roots in Water whereupon some Pomgranate Pills and Flowers are added, injected into the Matrix, stayeth the accels of Humors to the Ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the immoderate flux of the Courses. The Root hercof with Pellitory of Spain, and burnt Allum of each a little quantity, beaten smal & made into Past, with some Hony, and a little piece thereof put into an hollow tooth, or held between the Teeth, if there be no hollownes in them, stayeth the defluction of Rhewm upon them, which causeth pains, and helps to clesse the Head, and avoid much offensive Water. The distilled Water is very effectual to wash Sores or Cankers in the Nose or any other part, if the Pouder of the Root be applied thereunto afterwards. It is good also to fasten the Gums, and to take away the Heat and Inflammations that happen in the Jaws, Almonds of the Throat or Mouth, if the Decoction of the Leavs, Roots, or Seeds be used, or the juyce of them; but the Roots are most effectual to al the purposes aforesaid.

One-Blade.

Descri- **T**His smal Plant never beareth more than one Leaf, but only when
 tion.] it riseth up with its stalk which thereon beareth another, and
 seldom more, which are of a blewish green colour, broad at the bottom, and
 pointed with many ribs or veins like Plantane: At the top of the stalk grow
 many smal white Flowers star-fashion, smelling something sweet: after which
 come smal reddish Berries when they are ripe. The Root is smal, of the bigness
 of a Rush, lying and creeping under the upper crust of the Earth, shooting forth
 in divers places.

Place.] It grows in moist shadowy, grassie places of Woods in many pla-
 ces of this Realm.

Time.] It flowereth about May, and the Berries be ripe in June, and
 then quickly perisheth until the next year it springeth from the same again.

Government and Vertues.] 'Tis an Herb of the Sun, and therefore Cor-
 dial. Half a dram, or a dram at most of the Roots hereof in Pouder, taken in
 Wine and Vinegar of each a like quantity, and the party presently laid to
 sweat, is held to be a sovereign Remedy for those that are infected with the
 Plague, and have a sore upon them, by expelling the Poyson and
 Pestilence, defending the Heart and Spirits from danger: It is also accom-
 Wounds, pted a singular good Wound-Herb, and therefore used with other
 Nerves, Herbs in making such Balms as are necessary for the Curing of
 Sinews Wounds, either green or old, and especially if the Nerves or Si-
 Hurts. news be hurt.

The Bramble, or Black-berry-bush.

THis is so wel known that it needeth no Description. The Vertues ther-
 of are as followeth.

Government and Vertues.] It is a Plant of Venus in Aries: You shal
 have some Directions at the latter end of the Book for the gathering of al
 Herbs and Plants, &c. If any ask the Reason why Venus is so prickly? Tel
 them 'tis because she is in the house of Mars. The Buds, Leaves, and Bran-
 ches while they are green, are of a good Use in the Ulcers and pu-
 trid sores of the Mouth and Throat, and for the Quinsie: and
 likewise to heal other fresh Wounds and Sores: but the Flowers
 and Fruit unripe are very binding, and so profitable for the Bloo-
 dy-flux, Lasks, and are a fit Remedy for spitting of Bloud. Ei-
 ther the Decoction or Pouder of the Root being taken, is good
 to break or drive forth Gravel, and the Stone in the Reins and
 Kidnyes. The Leavs and Brambles aswel green as dry, are excel-
 lent good Lotions for sores in the Mouth or secret parts: The
 Decoction of them, and of the dried Branches, do much bind the
 Belly, and are good for the too much flowing of Womans Cour-
 ses: The Berries or the Flowers are a powerful Remedy against
 the Poyson of the most venomous Serpents, as wel drunk as out-
 wardly applied, helpeth the sores of the Fundament, & the Piles.

Poyson
Venemous
Beasts,
fundament
Piles,
Feavers,
Head,
Eyes,
Itch Scab-
by Heads,

The juyce of the Berries mixed with the juyce of Mulberries, do bind more effectually, and help fretting and eating sores and Ulcers wheresoever. The Distilled Water of the Branches, Leaves, and Flowers, or of the Fruit, is very pleasant in taste, and very effectual in Feavers and hot distempers of the Body, Head, Eyes, and other parts, and for all the purposes aforesaid. The Leaves boyled in Ly, and the Head washed therewith, healeth the Itch, and the running sores thereof, and maketh the Hair black. The Powder of the Leaves strewed on Cankers and running Ulcers, doth wonderfully help to heal them. Some use to Condensate the juyce of the Leaves, and some the juyce of the Berries, to keep for their use al the yeer, for the purposes aforesaid.

Blites.

Descri- **O**F these there are two sorts commonly known, viz. white and ption.] Red: the white hath Leav's somewhat like unto Beets, but smaller, rounder, and of a whitish green colour, every one standing upon a smal long footstalk: the stalk riseth up two or three foot high, with such like Leav's thereon: the Flowers grow at the top in long round tufts or clusters, wherein are contained smal and round seed: the Root is very ful of threds or strings.

The Red Blite is in al things like the white, but that his leav's and tufted heads are exceeding red at first, and after turn more purplish.

There are other kind of Blites which grow wild, differing from the two former sorts but little, only the wild are smaler in every part.

Place.] They grow in Gardens, and wild in many places of this Land.

Time.] They seed in August and September.

Goverment and Vertues.] They are al of them cooling, drying, and binding, serving to restrain the Fluxes of Bloud in either man or woman, especially the Red: which also stayeth the overflowing of womens Reds, as the white Blite stayeth the Whites in Women: It is an excellent secret, you cannot wel fail in the use: they are al under the Dominion of Venus.

There is one other sort of wild Blites, like the other wild kinds, but having long and spike heads of greenish Seed, seeming by the thick setting together to be al Seed.

This sort the Fishes are delighted with, and it is a good and usual Bait: for Fishes wil bite fast enough at them, if you have but wit enough to catch them when they bite.

Borrage, and Bugloss.

THese are so wel known to be inhabitants in every Garden, that I hold it needless to describe them.

To these I may ad a third sort, which is not so common, nor yet so well known, and therefore I shall give you its Name and Description.

It is called *Langue-de-beef*; but why they should call one Herb by the name

name Bugloss, and another by the name *Langue-de-beef*, is to me some question, seeing one signifies *Ox-tongue* in Greek, and the other signifies the same in French.

Description.] The Leaves thereof are smaller than those of Bugloss, but much rougher, the stalk rising up about a foot and half high, and is most commonly of a red color, the Flowers stand in scaly rough heads, being composed of many smal yellow Flowers, not much unlike to those of Dandelyon, and the Seed flieth away in Down as that doth: you may easily know the Flowers by their tast, for they are very bitter.

Place.] It groweth wild in many places of the Land, and may be plentifully found neer *London*, as between *Redrif* and *Debitford*, by the Ditch-sides: its Vertues are held to be the same with *Borrage* and *Bugloss*, only this is something hotter.

Time.] They flower in *June* and *July*, and the Seed is ripe shortly after.

Government and Vertues.] They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great strengthners of Nature. They are very Cordial. The Leaves or Roots are to very good purpose Feavers, used in Putrid and Pestilential Feavers, to defend the Heart, Pestilence, and help to resist and expel the poyson, or the venom of other Poyson, Creatures; the Seed is of the like effect; and the Seed and venemous Leaves are good to encrease Milk in Womens Breasts: The Beasts, Leaves, Flowers, and Seed, all, or any of them are good to expel Pensiveness and Melancholly: it helpeth to clarify the Blood Milk in Nurses, and mitigate heat in Feavers. The Juyce made into a Syrup Melancholly, ill blood, other cooling, opening, clensing Herbs, to open obstructions, Tellow Jaundice, and help the yellow Jaundice, and mixed with Fumitory, to cool, clense, and temper the Blood, thereby it helpeth the Itch, Itch, ring-worms, Ringworms, and Tettors, or other spreading Scabs or Sores. Tettors, The flowers Candied, or made into a Conserve are helping in Scabs, the former causes, but are chiefly used as a Cordial, and is good weaknes by long sickness, for those that are weak with long sickness, and to comfort the Heart and Spirits of those that are in a consumption, or troubled with often swoonings, or passions of the Heart: The Distilled Water is no less effectual to al the purposes aforesaid, and helpeth the redness and inflammation of the Eyes being washed therewith: The dried Herb is never used, but the green; yet Swooning, the Ashes thereof boyled in Mead, or Honyed Water is available Inflammations, against Inflammations and Ulcers in the Mouth or Throat, to wash and gargle it therewith. The Roots of Bugloss are effectual being made into a licking Electuary, for the Cough, and Throat, to condensate thin flegm, and rheumatick distillations upon the Cough, Lungues. Flegm.

Blue-bottles.

Blue-bottle.

IT is called, Syanus, I suppose from the color of it; Hurt-sickle, because it turns the edge of the Sickles that reap the Corn; Blew-blow, Corn-flower, and Blue-bottle.

Description.] I shall only describe that which is commonest, and in my opinion most useful: Its Leaves spread upon the ground, being of a whitish green color, somewhat cut on the edges like those of Corn Scabious, amongst which riseth up a stalk divided into divers branches, beset with long Leaves of a greenish color, either but very little indented, or not at all: The flowers are of a blue color, from whence it took its Name, consisting of an innumerable company of smal flowers, set in a scaly head, not much unlike those of Knapweed: The Seed is smooth, bright, and shining, wrapped up in a woolly mantle: The Root perisheth every yeer.

Place.] They grow in Corn fields, amongst all sorts of Corn, Pease, Beans, and Tares excepted; if you please to take them up from thence, and transplant them in your Garden, especially toward the full Moon, they will grow more double than they are, and many times change color.

Time.] They flower from the beginning of May to the end of Harvest.

Government and Vertues.] As they are naturally cold, dry, and binding, so are they under the Dominion of Saturn. The Pouder of dried Leaves of the Blue-bottle, or Corn-flower, is given with good success to those that are bruised by a fall, or have broken a Vein inwardly, and void much blood at the mouth, being taken in the Water of Plantane, Horstail, or the greater Comfrey: it is a Remedy against the poyson of the Scorpion, and resisteth all Venoms and Poysons. The Seed or Leaves taken in Wine is very good against the Plague, and all infectious Diseases, and is very good in Pettilential Feavers. The Juyce put into fresh or green Wounds, doth quickly soder up the Lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth: The Juyce dropped into the Eyes, taketh away the heat and inflammation in them. The distilled Water of the Herb hath the same properties, and may be used for all the effects aforesaid.

Bruises,
Broken,
Veins,
Poyson,
Plague,
Epidemi-
cal Dis-
eases,
Wounds,
Ulcers,
Inflama-
tions in
the Eyes.

Brank-Ursine.

BESIDE the common Name Brank-Ursine, it is also called Bears-breech, and Acanthus, though I think our English Names to be more proper, for the Greek word *Acanthos* signifies any Thistle whatsoever.

Description.] This Thistle shooteth forth very many large, thick, sad, green smooth Leaves upon the ground with a very thick and juicy middle Rib: The Leaves are parted with sundry deep gashes on the edge; the Leaves remain a long time before any stalk appears; afterwards ariseth up a reasonable big stalk three or four foot high, and bravely deckt with flowers from the middle of the stalk upwards, for on the lower part of the stalk there is neither Branch nor Leaf; the flowers are hooded and gaping, be-
ing

white in color, and standing in brownish Husks with a smal long undivided Leaf, under each Leaf; they seldom seed in our Country: its Roots are many, great and thick, blackish without, and whitish within, full of a stammy sap, a piece of them if you set it in the Garden, if you defend them from the first Winters cold, wil grow and flourish.

Place.] They are only nursed up in Gardens in *England*, where they will grow very well.

Time.] It flowreth in *June* and *July*.

Government and Vertues.] It is an excellent Plant under the Dominion of the *Moon*: I could wish such as are studious would labor to keep it in their Gardens. The Leaves being boyled and used in Clysters are excellent good to mollifie the belly, and make the passages slippery: The Decoction drunk inwardly is excellent good for the Bloody flux, *Bloody flux, Fra- flux.* The Leaves being bruised, and rather boyled and applied like a Pultis, are exceeding good to unite broken bones, and strengthen joynts that have been put out. The Decoction of either Leaves or Roots being drunk, and the decocted Leaves applied to the place, is excellent good for the Kings Evil that is broken and runneth, for by the influence of the *Moon* it reviveth the ends of the Veins which are relaxed; there is scarce a better Remedy to be applied to such places as are burnt with fire than this is, for it fetcheth out the fire, and heals it without a scar: This is an excellent Remedy for such as are bursten, being either taken inwardly, or applied to the place: in like manner used it helps the Cramp and the Gout; it is excellent good in Hestick Feavers, and restores Radical moisture to such as are in Consumptions.

Briony, or Wild Vine.

It is called Wild Vine, and Wood Vine, *Tamus*, our Ladies Seal; the white is called White Vine by some, and the black, Black Vine.

Description.] The common white Briony groweth ramping upon the Hedges, sending forth many long rough very tender Branches at the beginning, with many very rough broad Leaves thereon, cut (for the most part) into five partitions, in form very like a Vine Leaf, but smaller, rougher, and of a whitish or hoary green color, spreading very far, spreading and twining with his smal clasps (that come forth at the Joynts with the Leaves) very far on whatsoever standeth next to it: At the several Joynts also (especially towards the top of the Branches) cometh forth a long Stalk bearing many whitish flowers, together in a long tuft, consisting of five smal Leaves a piece, laid open like a Star: after which come the Berries, separated one from another more than a Cluster of Grapes, green at the first, and very red when they are through ripe, of no good scent, but of a most loathsome taste, provoking Vomit: The Root groweth to be exceeding great, with many long Twines or Branches, growing from it of a pale whitish color on the outside, and more white within, and of a sharp, bitter loathsome taste.

Place.]

Place.] It groweth on Banks, or under Hedges, through this Land the Roots lie very deep.

Time.] It flowreth in *July* and *August*, some earlier, and some later than others.

Government and Vertues.] They are furious Martial Plants.

Falling-sicknes, The Roots of Briony purge the Belly with great violence, troubling the Stomach, and burning the Liver, and therefore not rashly to be taken, but being corrected is very profitable for the Diseases of the Head, as Falling-sicknes, Giddines, and Swimmings, by drawing away much Flegm and Rhewmaticke humors that oppress the Head, as also the Joynts and Sinews, and is therefore good for Palsies Convulsions, Cramps, and Stitches in the sides, and the Dropsie; and in provoking Urine it clenseth the Reins and Kidnies from Gravel and Stone, by opening the Obstructions of the Spleen, and consumeth the hardness and swellings thereof. The Decoction of the Root in Wine drunk once a week at going to bed, clenseth the Mother, and helpeth the rising thereof, expelleth the dead Child, and Afterbirth, but is not to be used by Women with Child, for fear of abortion; a dram of the Root in Pouder taken in white Wine bringeth down their Courses. An Electuary made of the Roots and Honey, doth mightily cleanse the Chest of rotten Flegm, and wonderfully help an old strong Cough, those that are troubled with shortness of Breath, and is very good for them that are bruised inwardly, to help to expel the clotted or congealed Blood. The Leaves, Fruit, and Root, do cleanse old and filthy sores, are good against all fretting and running Cankers, Gangrenes, and Tetters, and therefore the Berries are by some Country People called Tetter-Berries. The Root clenseth the Skin wonderfully from all black and blue spots, freckles, morpew, leprosie, foul scars, or other deformity whatsoever: as also all running scabs, and manginess, are healed by the Pouder of the dried Root, or the Juyce thereof, but especially by the fine white hardned Juyce. The distilled water of the Roots worketh the same effects, but more weakly. The Root bruised and applied of it self to any place where the Bones are broken, helpeth to draw them forth, as also splinters and thorns in the flesh; and being applied with a little Wine mixed therewith, it breaketh Boils, and helpeth whitlows on the Joynts.

Whitlows or **Nail-weals,** or **Andicoms.** For all these latter beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you, you shal find in my *Translation of the London Dispensatory*, among the Preparations at latter end, a Medicine called *Eacula Brionia*; take that and use it, you have the way there how to make it, and mix that with a little Hogs Grease or other convenient Oymment, and use it at your need.

As for the former Diseases, where it must be taken inwardly, it purgeth very

very violently, and needs an abler hand to correct it than most Country people have, therefore it is a better way for them (in my opinion) to let the simple alone, and take the Compound Water of it, mentioned in my Dispensatory, and that is far more safe, being wisely corrected.

Brooklime, or Water-Pimpernel.

Description.] This sendeth forth from a creeping Root, that shooteth forth strings at every Joynt as it runneth, divers and sundry green stalks, round and sappy with some branches on them, somewhat broad, round, deep green, and thick Leaves set by couples thereon: from the Bosom thereof shoot forth long Footstalks, with sundry smal blue flowers on them, that consist of five smal round pointed Leaves apiece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler blue color.

Place.] They grow in smal standing Waters, and usually neer Water-creffes.

Time.] And flower in June and July, giving Seed the next Month after.

Government and Vertues.] It is a hot and biting Martial Plant. Brooklime and Watercreffes are generally used together in Diet Drinks with other things, serving to purge the Blood and Body from ill humors that would destroy health, and are helpful for the Scurvy: They do also provoke Urine, and help to break the stone and pass it away; they procure Womens Courses, and expel the dead Child. Being fryed with Butter and Vineger, and applied warm, it helpeth al manner of Tumors or Swellings, and Inflammations.

Such drinks ought to be made of sundry Herbs according to the Malady offending, I shal give a plain and easie Rule at the latter end of this Book.

Butchers-Broom.

It is called Ruscus, and Bruscus, Knee-holm, Knee-holly, Knee-hulver, and Pettigree.

Description.] The first shoots that sprout from the Root of Butchers-Broom are thick, whitish, and short, somewhat like those of Asparagus, but greater: these rising up to be a foot and an half high, are spread into divers Branches, green and somewhat crested with the roundness, tough and flexible, wheron are set somewhat broad and almost round hard Leavs, sharp and prickly pointed at the ends, of a dark green color, two for the most part set at a place, very close or neer together; about the middle of the Leaf on the back or lower side from the middle Rib, breaketh forth a smal whitish green flower consisting of four smal round pointed Leaves standing upon little or no Footstalk, and in the place whereof cometh a smal round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round Seeds contained: The Root is thick, white, and great at the

the head, and from thence sendeth forth divers thick, white, long, round strings.

Place.] It groweth in Copfes, and upon Heaths and wast Grounds, most oftentimes under or neer the Holly-bushes.

Time.] It shooteth forth his yong Buds in the Spring, and the Berries ripe in, or about September: The branches or leavs abiding green al the Winter.

Government and Vertues.] 'Tis a Plant of Mars, being of a gallant cleansing and opening quallity. The Decoction of the Roots made with Wine, openeth Obstructions, provoketh Urin, helpeth to expel Gravel and the Stone, the strangury, and Womans Courtesies, as also the yellow Jaundice, and the Head-ach: and with some Honey or Sugar put therunto, clenseth the breast of Flegm, and the Chest of much clammy humors gathered therein. The Decoction of the Roots drunk, and a Pultis made of the Berries and Leavs being applied are effectual in knitting and consolidating broken Bones, or parts out of joynt. The common way of using it, is to boyl the Roots of it and Parsly, and Fennel, and Smal-lage in white Wine, and drink the Decoction, adding the like quantity of Grass-roots to them: the more of the Roots you boyl the stronger wil the Decoction be, it works no ill effects, yet I hope you have wit enough to give the strongest Decoction to the strongest Bodies.

Broom, and Broomrape.

TO spend time in wrighting a Description herof is altogether needless, it being so generally used by al the good Huswives almost through this Land to sweep their Houses with, and therefore very wel known to al sorts of people.

The *Broomrape* springeth up on many places from the Roots of the *Broom* (but more often in fields, as by Hedg-fides, and on Heaths.) The Stalk wherof is of the bigness of a finger or thumb, above two foot high, having a shew of Leavs on them, and many flowers at the top, of a deadish, yellow colour, as also the stalks and leavs are.

Place.] They grow in many places of this Land commonly, and as commonly spoyl al the Land they grow in.

Time.] And flower in the Summer Months, and give their seed before Winter.

Government and Vertues.] The Juyce, or Decoction of the yong branches, or seed, or the powder of the seed taken in drink, purgeth downwards, and draweth Flegmatick and watery Humors from the Joynts, wherby it helpeth the Dropisie, Gout, Sciatica, and the pains in the Hips and Joynts: It also provoketh strong Vomits, and helpeth the pains of the Sides, and swellings of the Spleen, clenseth also the Reins, or Kidnies and Bladder of the Stone, provoketh Urin abundantly, and hindereth the growing again of the Stone in

in the Body. The continual use of the Pouder of the Leavs and Seed, doth cure the black Jaundice: The Distilled water of the Flowers is profitable for al the same purposes: It also helpeth Surfers, and altereth the Fits of Agues, if three or four ounces therof, with as much of the water of the lesser Centaury, and a little Sugar put therin be taken a little before the Fit cometh, and the party be laid down to swear in their bed. The Oyl or Water that is drawn from the ends of the green sticks heated in the fire, helpeth the Toothach. The juyce of the yong branches made into an Oyntment of old Hogf-greaf and anointed, or the yong branches bruised and heated in Oyl or Hogf-greaf, and laid to the sides pained by wind, as in stiches, or the spleen, easeth them in once or twice using it: The same boyled in Oyl, is the safest and surest Medicin to kil Lice in the Head or Body of any: and is an especial Remedy for joynt-aches and swoln knees that come by the falling down of Humors.

The *Broomrape* also is not without his Vertues.

The Decoction therof in Wine is thought to be as effectual to avoid the Ston in the Kidnies and Bladder, and to provoke Urin, as the *Broom* it self: The juyce thereof is a singular good help to cure as wel green Wounds, as old and filthy Sores, and malignant Ulcers. The insolate Oyl wherein there hath been three or four Repetitions of infusion of the top stalks with flowers strained and cleered, clenseth the skin from al manner of spots, marks, and freckls that arise either by the heat of the sun, or the malignity of humors. As for the *Broom*, and *Broomrape*, *Mars* owns them, and it is exceeding prejudicial to the Liver, I suppose by reason of the Antipathy between *Jupiter* and *Mars*, therefore if the Liver be disaffected, administer none of it.

Bucks-horn Plantane.

Descript.] **T**His being sown of seed, riseth up at the first with smal, long, narrow, hairy, dark green leavs like grass, without any division or gash in them; but those that follow, are gashed in on both sides the leavs into three or four gashes, and pointed at the ends, resembling the knags of a Bucks-horn (wherof it took the name) and being wel grown round about the Root upon the ground, in order one by another, therby resembling the form of a star: from among which rise up divers hairy stalks, about a hand breadth high, bearing every one a smal long spiky head like to those of the common Plantane, having such like bloomings and seed after them. The Root is single, long, and smal, with divers strings at it.

Place.] They grow in dry sandy grounds, as in Tuttle-fields by Westminster, and divers other places of this Land.

Time.] They flower and seed in May, June, and July, and their green leavs do in a manner abide fresh al the Winter.

Government and Vertues.] It is under the Dominion of Saturn, and is of a gallant drying and binding quallity. This boyled in Wine and drunk, and some

Venernious some of the Leavs applied to the hurt place, is an excellent
Beasts, medy for the biting of the Viper or Adder, which I take to
Stone, one and the same: The same being also drunk helpeth those
Stomach, are troubled with the stone in the Reins or Kidnies by cool
Vomiting, the heat of the parts afflicted strengthening them: as also w
Bleeding, stomachs that cannot retain but cast up their Meate. It stayeth
Pissing bleedings at Mouth and Nose, bloody Urin, or the bloody Flu
bloud, flux and stoppeth the Lask of the Belly and Bowels: The Lea
Bloudy hereof bruised and laid to their sides that have an Ague, sudd
Flux, ly easeth the Fit: and the Leavs and Roots beaten with son
Agues, Bay-salt and applied to the Wrists, worketh the same effects. Th
Eyes, Herb boyled in Ale or Wine, and given for some mornings a
 Rhewms falling into the Eyes from the Head, and helpeth al sorts of
 Eyes.

Bucks-horn.

IT is called also Harts-horn, Herba-stella, and Herba-stellaria, Sanguina-
 naria, Herb-eve, and Herb-ivy, and Wort-creffes and Swins-creffes.
Description.] They have many smal and weak stragling branches trailing
 here and there upon the ground: the leavs are many, smal, and jagged, m
 much unlike to those of Bucks-horn Plantane, but much smaller, and not
 hairy: The flowers grow amongst the leavs in smal rough whitish clusters
 the seeds are smal and brownish, of a hotish tast.

Place.] They grow in dry, barren, and sandy grounds.

Time.] They flower and seed when the rest of the Plantans do.

Government and Vertues.] This is also under the Dominion of Saturne
 the Vertues are held to be the same of Bucks-horn plantane, and therefore by
 al Authors, it is joyned with it; but besides those, it is most cer
Bleeding, tainly found out, That the Leavs being bruised, and applyed to
Warts, the place, stop Bleeding, the herb being bruised, and applyed to
 Warts, wil make them consume and wax away in a short time.

Bugle.

BESIDES the Name Bugle, it is called middle-Consoud, and middle-Com-
 fry, brown-Bugle, and of some sickl-Wort, and herb-Carpenter, though
 in Suffex we cal another herb by that name.

Description.] This hath larger Leavs than those of the Self-heal, but else
 of the same fashion, or rather a little longer, in some green on the upper side,
 and in others more brownish, dented about the edges, somewhat hairy, as the
 square stalk is also, which riseth up to be half a yard high sometimes, with the
 leavs set by couples: from the middle almost wherof upwards stand the flo-
 wers together, with many smaller and browner leavs than the rest on this stalk
 below, set at distances, and the stalk bare between them, among which Flow-
 ers are also smal ones of a bluish, and sometimes of an Ash colour, fashioned
 like the Flowers of the Ground-ivy, after which come smal, round, blackish
 seed.

The Root is composed of many strings, and spreadeth upon the ground
in divers parts round about.

The White-flowered Bugle differeth not in form or greatness from the former, saving that the Leavs and stalks are alwaies green and never brown, like the other, and that the Flowers therof are white.

Place.] They grow in Woods, wet Copfes, and Fields generally throughout England; but the white flowred Bugle is not so plentiful as the other.

Time.] They flower from May until July, and in the mean time perfect their Seed. The Roots and Leavs next therunto upon the ground abiding all Winter.

Government and Vertues] This Herb is belonging to Dame Venus, of the Vertues of it make you in love with it, (as they wil if you be wise) keep a Syrup of it to take inwardly, and an Oyntment and Plaister of it to use outwardly alwaies by you.

The Decoction of the Leavs and Flowers made in Wine and taken dissolveth the congealed Blood in those that are bruised inwardly by a Fall or otherwise, and is very effectual for any inward Wounds, Thrusts or Stabs into the Body or Bowels, and is an especial help in all Wound-drinks, and for those that are Liver-grown (as they call it.) It is wonderful in curing all manner of Ulcers and Sores whether new and fresh, or old and inveterate, yea, Gangrenes and Fistulaes also, if the Leavs bruised be applied, or their Juyce used to wash and bath the places. And the same made into a Lotion with some Honey and Allum, cureth all sores of the Mouth or Gums be they never so foul, or of long continuance; and worketh no less powerfully and effectually for such Ulcers and Sores as happen in the secret parts of Men or Women: Being also taken inwardly, or outwardly applied, it helpeth those that have broken any Bone, or have any Member out of Joynt. An Oyntment made with the Leavs of Bugle, Scabious and Sanicle bruised and boyled in Hogs Grease, until the Herbs be dry, and then strained forth into a Pot, for such occasions as shal require it, is so singular good for all sorts of hurts in the Body, that none that know its usefulness will be without it.

The truth is, I have known this Herb cure some Diseases of Saturn, of which I thought good to quote one. Many times such as give themselves much to drinking are troubled with strange Fancies, strange Mares, sights in the night time, and some with Voyces, as also with the strange Disease Ephialtes or the Mare. I take the Reason of this to be (according to Fernelius) a Melancholly vapor made thin by excessive drinking strong Liquor, and so flies up and disturbs the Fancy, and breeds imaginations like its self, viz. fearful and troublefom: These I have known cured by taking only two spoonfuls of the Syrup of this Herb, after Supper two hours when you go to bed. But whether this do it by Sympathy or Antipathy is some question; all that know any thing in Astrologie, know that there is a great Antipathy between Saturn and

and *Venus* in matter of Procreation, yea, such an one, that the barrenness of *Saturn* can be removed by none but *Venus*, nor the lust of *Venus* be repelled by none but *Saturn*; but I am not yet of opinion this is done this way: and my reason is, because these vapors though in quality Melancholly, yet by their flying upward seem to be something *Aërial*, therefore I rather think it is done by sympathy, *Saturn* being exalted in *Libra* the house of *Venus*.

Burnet.

IT is also called *Sanguisforba*, *Pimpinella*, *Bipenula*, *Solbastrella*, &c. The common Garden Burnet is so well known, that it needeth no Description. There is another sort which is wild, the description wherof take as followeth.

Descript.] The great wild Burnet, hath winged leaves rising from the roots like the Garden Burnet, but not so many, yea each of these leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a grayish colour on the underside: the Stalks are greater and rise higher, with many such like leaves set thereon, and greater heads at the tops of a brownish green colour, and out of them come smal, dark, purple Flowers, like the former, but greater. The Root is black and long, like the other, but greater also: It hath almost neither scent nor taste therein, like the garden kind.

Place.] The first grows frequently in Gardens. The Wild kind groweth in divers Countries of this Land, especially in *Huntington* and *Northampton-shires* in the Meadows there: as also neer *London* by *Pancras-Church*, and by a Causey-side in the middle of a Field by *Paddington*.

Time.] They flower about the end of *June* and beginning of *July*, and their Seed is ripe in *August*.

Government and Vertues.] This is an Herb the *Sun* challengeth dominion over, and is a most precious Herb, little inferior to *Betony*: The continual use of it preserveth the Body in health, and the Spirits in vigor: for it the *Sun* be the preserver of Life under God, his Herbs are the best in the World to do it by. They are accounted to be both of one property, but the lesser is more effectual, because quicker, and more

Heart,	property, but the lesser is more effectual, because quicker, and more
Liver,	Aromatical: It is a friend to the Heart, Liver, and other the
melancolly	principal parts of a mans Body. Two or three of the Stalks with
Pestilence,	Leaves put into a Cup of Wine, especially Clarret, are known to
epidemicall	quicken the Spirits, refresh and cheer the Heart, and drive away
Diseases,	Melancholly: It is a special help to defend the Heart from noi-
Bleeding,	som vapors, and from infection of the Pestilence, the juyce ther-
Stoppeth	of being taken in some Drink, and the party laid to sweat therup-
Terms, &	on. They have also a drying, and an astringent quality, whereby
Whites,	they are available in al manner of Fluxes of Bloud or Humors,
Belching,	to stanch bleedings inward or outward, Lasks, Scourings, the
Vomiting,	Bloudy-flux, Womens too abundant Courses, the Whites, and
wounds,	the Chollerick Belchings and Castings of the Stomach: and is
Ulcers,	a singular Wound-herb for al sorts of Wounds both of the Head
Cankers,	and Body, either inward or outward: for al old Ulcers, or run-
Sores,	ning Cankers, and moist Sores, to be used either by the juyce, or
Fluxes,	

Decoction of the Herb, or by the Pouder of the Herb or Root, or the Water of the distilled Herb, or Oyntment by it self, or with other things to be kept. The seed is also no less effectual both to stop Fluxes and dry up moist Sores, being taken in pouder inwardly, in Wine or steeld Water, such as is, wherein hot Gads of Steel have been quenched. Or the pouder of the seed mixed with the Oyntments.

The Butter-Bur, or Petasitis.

Descript.] **T**His riseth up in February, with a thick Stalk about a foot high, wheron are set a few smal Leavs, or rather pieces, and at the tops, a long Spiked head of Flowers, of a blush, or deep red colour, according to the soyl wherein it groweth: and before the stalk with the flowers have abidden a month above ground, wil be withered and gon, blown away with the wind; and the Leavs wil begin to spring, which being full grown are very larg and broad, being somewhat thin and almost round, whose thick red foot stalks, about a foot long, stand towards the midle of the leavs: The lower part being divided into two round parts, close almost one to another, and of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones finger, in others much bigger, blackish on the out-side, and white within, of a bitter and unpleasant tast.

Place and Time.] They grow in low and wet grounds by Rivers and Watersides: Their Flowers (as is said) rising and decaying in February and March, before the Leavs which appear in April.

Government and Vertues.] It is under the Dominion of the Sun, and therefore is a great strengthener of the Heart, and cheer of the Vital Spirits. The Roots herof are by long experience Plague, epidemic found to be very available against the Plague and Pestilential diseases, al Fevers, by provoking Sweat: if the Pouder therof be taken in Wine, it also resisteth the force of any other Poyson, Mother wheezing, Difficuly of breathing, Disfury, Disurys, terms provokes, Flat and broad worms, Blemishes of the skin. The Root herof taken with Zedoary and Angelica, or without them, helps the rising of the Mother: The Decoction of the Root in Wine, is singular good for those that Wheeze much, or are short-winded. It provoketh Urin also Flat and broad and Womens-courses, and killeth the Flat and broad worms, Blemishes in the Belly. The Pouder of the Root doth wonderfully help sores of the skin to dry up the moisture of sores that are hard to be cured, and taketh away al spots and blemishes of the skin. It were wel if Gentlewomen would keep this Root preserved, to help their poor neighbors: It is fit the Rich should help the poor, for the poor cannot help themselves.

The Bur-Dock.

THey are also called Personata Bardona, and Lappa Major, great Bur Bur-dock, and clot-Bur. It is so wel known, even to the little Boys, who pull of the Burs, to throw and stick upon one another, that I shal spare to write any Description of it.

Place.] They grow plentifully by Ditches and Water-sides, and by the High-waies almost every where through this Land.

Government and Vertues.] *Venus* challengeth this herb for her own, and by its Leaf or Seed you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it fall out: or downwards in fits of the Mother, by applying it to the Soles of the Feet: Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my *Guid for Women*. The *Bur Leavs* are cooling, moderately drying, and discussing withal, whereby it is good for old Ulcers and Sores: A dram of the Roots taken with Pine

Kernels, helpeth them that spit foul, mattery, and bloudy Flegm: **Cools,** The Leavs applied on the places troubled with the shrinking of
Dryes, the Sinews or Arteries, give much ease: The juyce of the leavs
Ulcers, or rather the Roots themselves given to drink with old Wine,
Sores, doth wonderfully help the bitings of any Serpents: And the Root
Flegm, beaten with a little salt and laid on the place, suddainly easeth
Sinews, the pain therof, and helpeth those that are bit with a mad-Dog.
Arteries, The juyce of the Leavs taken with Hony, provoketh Urin, and
Venemous remedieth the pain of the Bladder. The Seed being drunk in
Beasts, Wine forty dayes together, doth wonderfully help the Sciatica.
Mad-Dogs The Leavs bruised with the White of an Egg, and applied to
Disury, any place burnt with Fire, taketh out the Fire. gives suddain
Bladder, ease, and heals it up afterwards. The Decoction of them fo-
Sciatica, mented on any fretting Sore or Canker, stayeth the corroding
Burning, quality, which must be afterwards anointed with an Oyntment
Sores, made of the same Liquor, Hogs-grease, Nitre, and Vinegar,
Cankers, boyled together. The Roots may be preserved with Sugar, and
Consump- taken fasting, or at other times for the said purposes, and for
tion, Consumptions, the Stone, and the Lask. The Seed is much
Stone, commended to break the Stone, and cause it to be expelled by
Flux, Urin, & is often used with other seeds & things to that purpose.

Cabbages, and Coleworts.

I Shal spare a labor in writing a Description of these, sith almost every one that can but write at al may describe them from his own knowledge, they being generally so wel known that Descriptions are altogether needless.

Place.] These are generally planted in Gardens.

Time.] Their flowring time is towards the middle or end of *July*, and the Seed is ripe in *August*.

Government and Vertues.] The *Cabbages* or *Coleworts* boyled gently in Broth and eaten, do open the Body, but the second Decoction doth bind the Body. The juyce therof drunk in Wine, helpeth those that are
Venemous bitten by an Adder, and the Decoction of the Flowers bringeth
Beasts, down womens Courses. Being taken with Hony, it recovereth
Terms Hoarsness or loss of the voice. The often eating of them wel
provokes, boyled, helpeth those that are entring into a Consumption. The
Hoarsness, Pulp

Consumption,
Obstructions,
Stones,
Sight,
Cankers,
Surfets,
Swellings,
Gout,
Sores,
Scabs,
Wheals,
Melancholly,
Wind.

Pulp of the middle Ribs of Coleworts boyled in Almond-milk and made up into an Eleſtuary with Hony, being taken often, is very profitable for thoſe that are purſie and ſhort-winded. Being boyled twice, and an old Cock boyled in the Broth, and drunk, it helpeth the pains and Obſtructions of the Liver and Spleen, and the Stone in the Kidnies. The Juyce boyled with Hony, and dropped into the corner of the Eye, cleereth the ſight, by conſuming any Film or cloud beginning to dim it; it alſo conſumeth the Canker growing therein. They are much commended being eaten before meat to keep one from Surſeting, as alſo from being drunk with too much Wine, or quickly make a man ſober again that is drunk before. For (as they ſay) there is ſuch an *Antipathy* or enmity between the Vine and the Colewort, that the one wil die where the other groweth. The Decoction of Coleworts taketh away the pain and ach, and allayeth the ſwellings of ſwoln and gouty Legs and Knees, wherein many groſs and watry humors are fallen, the place being bathed therewith warm: It helpeth alſo old and filthy ſores being waſhed therewith, and healeth al ſmal ſcabs, puſhes, and wheals that break out in the ſkin. The aſhes of Colewort ſtalks mixed with old Hogs-grease, are very effectual to anoint the ſides of thoſe that have had long pains therein, or any other place pained with Melancholly and windy humors. This was ſurely *Chryſippus* his god, and therefore he wrote a whole Volumin of them and their Verrues, and that none of the leaſt neither, for he would be no ſmal Fool, he apropriates them to every part of the Body, and to every Diſeaſe in every part: and honeſt old *Cato* (they ſay) uſed no other Phyſick, I know not what Mettals their Bodies were made of, this I am ſure, Cabbages are extream windy, whether you take them as Meat, or as Medicine, yea as windy meat as can be eaten, unleſs you eat Baggipes or Bellows, and they are but ſeldom eaten in our daies, and Colewort-flowers are ſomthing more tollerable, and the whoſomer food of the two. The *Moon* challengeth the Dominion of the Herb.

The Sea Colewort.

Deſcription. **T**his bath divers ſomewhat long and broad, large thick wrinkled Leavs, ſomewhat crumpled upon the edges, growing each upon a ſeveral thick Footſtalk very brittle, of a grayiſh green color. From among which riſeth up a ſtrong thick ſtalk, two foot high and better, with ſome Leavs thereon to the top, where it brancheth forth much; and on every Branch, ſtandeth a large buſh of pale whitish Flowers, conſiſting of four Leavs apiece: The Root is ſomewhat great, and ſhooteth forth many branches under ground, keeping the green Leavs all the Winter.

Place.] They grow in many places upon the Sea Coaſts, as wel on the Kentiſh, as Eſſex Shores; as at Lidd in Kent, Colecheſter in Eſſex, and divers other places, and in other Countries of this Land.

Time.] They Flower and Seed about the time that other kinds do.

Government and Vertues.] The *Moon* claims the Dominion of theſe alſo.

Sores,
Wounds,
Ulcers,
Swellings,
Inflama-
tions.

also. The Broth, or first Decoction of the Sea Colewort, doth by the sharp, nitrous, and bitter qualities therein, open the Belly and purge the Body, it clenseth and digesteth more powerfully than the other kind: The Seed hereof bruised and drunk, killeth Worms. The Leavs or the Juyce of them applied to Sores or Ulcers clenseth and healeth them, and dissolveth Swellings, and taketh away Inflammations.

Calamint, Or Mountain Mint.

Descri-
ption.] **T**his is a smal Herb seldom rising above a foot high, with square, hoary, and woody Stalks, and two smal hoary Leavs set at a joynt, about the bigness of Marjoram, or not much bigger, a little dented about the edges, and of a very fierce or quick scent, as the whol Herb is: The Flowers stand at several spaces of the Stalks from the middle almost upwards, which are smal and gaping like to those Mints, and of a pale bluish color; after which follow smal, round, blackish Seeds: The Root is smal and woody, with divers smal sprigs spreading within the ground, and dieth not, but abideth many yeers.

Place.] It groweth on Heaths, and Upland dry grounds, in many places of this Land.

Time.] They Flower in July, and their Seed is ripe quickly after.

Government and Vertues.] It is an Herb of Mercury, and a strong one too, therefore excellent good in all afflictions of the Brain. The Decoction of the Herb being drunk, bringeth down Womens Courses and provoketh Urin: It is profitable for those that are Bursten, or troubled with Convulsions or Cramps, with shortness of Breath, or chollerick torments and pains in their Bellies or Stomachs; it also helpeth the yellow Jaundice, and stayeth Vomiting, being taken in Wine; taken with Salt and Honey, it killeth all manner of Worms in the Body: it helpeth such as have the Leprosie, either taken inwardly, drinking Whey after it, or the green Herb outwardly applied: It hindreth conception in Women: being either burned, or strewed in the Chamber, it driveth away Venemous Serpents. It takes away black and blue marks in the Face, and maketh black Scars become wel colored, if the green Herb (not the dry) be boyled in Wine, and laid to the place, or the place washed therewith. Being applied to the Hucklebone, by continuance of time, it spendeth the humors which caused the pain of the Sciatica. The Juyce dropped into the Ears killeth the Worms in them: The Leavs boyled in Wine and drunk, provoketh sweat, and openeth Obstructions of the Liver and Spleen; it helpeth them that have a Tertian Ague (the Body being first purged) by taking away the cold Fits. The Decoction hereof with some Sugar put therro afterwards, is very profitable for those that be troubled with the overflowing of the Gall, and that have an old

old Cough, and that are scarce able to breath by the shortness of their wind: That have any cold distemper in their Bowels, and are troubled with the hardness of the Spleen, for all which purposes, both the Pouder called *Diacalamintbes*, and the Compound Syrup of Calamint (which are to be had at the Apothecaries) are most effectual.

Let not Women be too busie with it, for it works very violently upon the Fœminine parts.

Chamomel.

This is so well known every where that it is but lost time and labor to describe it. The Vertues whereof are as followeth:

A Decoction made of *Chamomel* and drunk, taketh away all pains and Stitches in the Sides. The Flowers of Chamomel beaten and made up into Bals with Oyl driveth away all sorts of Agues; if the party grieved be anointed with that Oyl taken from the Flowers, from the Crown of the Head to the Soal of the Foot, and afterwards laid to sweat in his bed, and that he sweat wel: This is *Nicheffor* an Egyptians Medicine. It is profitable for all sorts of Agues that come either from Flegm or Melancholly, or from an inflammation of the Bowels being applied when the humors causing them shall be concocted; and there is nothing more profitable to the sides and Region of the Liver and Spleen than it. The bathing with a Decoction of Chamomel taketh away weariness, easeth pains to what part of the Body soever they be applied: it comforteth the Sinews that are over strained, mollifieth al Swellings: It moderately comforteth al parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof by a wonderful speedy property. It easeth all the pains of the Chollick and Stone, and al pains and torments of the Belly, and gently provoketh Urin.

The Flowers boyled in Posset Drink provoketh Sweat, and helpeth to expel Colds, Aches, and Pains, whersoever, and is an excellent help to bring down Womens Courses. A Syrup made of the Juyce of Chamomel with the Flowers and white Wine, is a Remedy against the Jaundice and Dropsie. The Flowers boyled in a Ly, are good to wash the Head, and comfort both it and the Brain. The Oyl made of the Flowers of Chamomel is much used against all hard swellings, pains, or aches, shrinking of the Sinews, or Cramps, or pains in the Joynts, or any other part of the Body; being used in Clysters, it helpeth to dissolve wind and pains in the Belly; anointed also, it helpeth Stitches and pains in the Sides.

Nicheffor saith the Egyptians dedicated it to the Sun because it cured Agues; and they were like enough to do it, for they were the antientest Apes in their Religion that ever I read of. *Bacchinus*, *Pena*, and *Lobit*, commend the Syrup made of the Juyce of it and Sugar taken inwardly, to be excellent for the Spleen. Also this is certain, that it most wonderfully breaks the

Stone:

Stone: some take it in Syrup or Decoction, others inject the Juyce of it into the Bladder with a Syringe; my opinion is, That the Salt of it taken half a dram in a morning, in a litle White or Rhenish Wine, is better than either: that it is excellent for the Stone appears by this, which I have seen tried, viz. That a Stone that hath been taken out of the Body of a Man being wrapped in Chamomel will in time dissolve, and in a little time too.

Water-Caltrops.

They are called also, *Tribulus Aquaticus*, *Tribulus Lacustris*, and *Tribulus Maritimus*, *Caltrops*, *Saligot*, *Water Nuts*, and *Water Chestnuts*,

Descript.] As for the greater sort, or Water-Caltrop, it is not found here, or very rarely; two other sorts there are which I shall here describe: The first hath a long, creeping, and joynted Root, sending forth tufts at each joynt, from which joynts arise long, flat, slender, knotted Stalks even to the top of the water, divided towards the top into many branches, each carrying two Leaves on both sides, being about two inches long, and half an inch broad, thin, and almost transparent, they look as though they were torn, the Flowers are long, thick, and whitish, set together almost like a bunch of Grapes, which being gone there succeed for the most part four sharp pointed grains, altogether containing a smal white Kernel in them.

The second differs not much from this, save that it delights in more cleer water, its Stalks are not flat but round, its Leaves are not so long, but more pointed; as for the place we need not determin, for their Name sheweth they grow in the water.

Government and Vertues.] They are under the Dominion of the Moon, and being made into a Pultice, is excellent good for hot inflammations, and swellings, cankers, sore throats, gums, mouths and throats, being washed with the Decoction, it cleanseth and strengthneth the neck and throat much, and helps those swellings, which when people have, they say the Almonds of the Ears are fallen down; it is excellent good for the rankness of the Gums, a safe and present Remedy for the Kings Evil; they are excellent good for the stone and gravel, especially the Nuts being dryed; they also resist poyson, and bitings of venomous Beasts.

Campions Wild.

**Descri-
ption.]** **T**he white wild Campion hath many long and somewhat broad dark green Leavs, lying upon the ground with divers Ribs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long; The hairy Stalks rise up in the middle of them three or four foot high, and sometimes more, with divers great white joynts at several places thereon, and two such like Leavs thereat up to the top, sending forth branches at several joynts also; all which bear on several footstalks white flowers at the tops of them, consisting of five broad pointed Leaves, every one cut in on the end un-

to the middle, making them seem to be two apiece, smelling somewhat sweet, and each of them standing in large green striped hairy Husks, large and round below next to the stalk: The Seed is smal and grayish in the hard Heads that come up afterwards: The Root is white and long, spreading divers fangs in the ground.

The Red wild Campion groweth in the same manner as the white, but his Leavs are not so plainly Ribbed, somewhat shorter, rounder, and more woolly in handling: The Flowers are of the same form and bigness, but in some of a pale, in others of a bright red color, cut in at ends more finely, which maketh the Leavs seem more in number than the other. The Seed and the Roots are alike: The Roots of both sorts abiding many yeers.

There are forty five kinds of Campions more, those of them which are of Physical uses having the like vertues with these above described, which I take to be the two chiefest kinds.

Place.] They grow commonly through this Land by Fields, Hedg-sides, and Ditches.

Time.] They flower in Summer, some earlier than others, and some abiding longer than others.

Government and Vertues.] They belong unto Saturn, and it is found by experience that the Decoction of the Herb, either inward or the White or Red being drunk, doth stay inward bleedings; outward, and applied outwardly it doth the like: And being drunk helpeth to expel the Urin being stopp'd, and Gravel or the Stone in the Reins or Kidnies. Two drachms of the Seed drunk in Wine, purgeth the Body of Chollerick Humors, and helpeth those that are stung by Scorpions, or other Venemous Beasts; and may be as effectual for the Plague: It is of very good use in old Sores, Ulcers, Cankers, Fistulaes, and the like, to cleanse and heal them, by consuming the moist humors falling into them, and correcting the putrifaction of Humors offending them.

Carduus Benedictus

It is called Carduus Benedictus, or blessed Thistle, or holy Thistle; I suppose the name was put upon it by some that had little Holiness in themselves.

I shal spare a labor in writing a Description of this, sith almost every one that can but write at all may describe them from his own knowledg.

Place.] It groweth plenitfully in Gardens.

Time.] They flower in August, and seed not long after.

Government and Vertues.] It is an Herb of Mars, and under the Sign Aries: Now in handling this Herb, I shall give you a rational Pattern of all the rest, and if you please to view them throughout the Book, you shall to your content find it true. It helps swimings and giddiness of the Head, or the Disease called Vertigo, because Aries is in yell-jaund. the House of Mars. It is an excellent Remedy against the yellow

Attractive faculty, Tetter, Ringworms, Plague-sores, Boils, Itch, mad Dogs, Venemous Beasts.

low Jaundice, and other Infirmities of the Gall, because *Mars* governs Choller. It strengthens the attractive faculty in man, and clarifies the blood, because the one is ruled by *Mars*. The continual drinking the Decoction of it helps red Faces, Tetter, and Ringworms, because *Mars* causeth them. It helps Plague-sores, Boils, and Itch, the bitings of mad Dogs, and venemous Beasts, all which infirmities are under *Mars*. Thus you see what it doth by Sympathy.

French Pox, strengthens memory, Deafness, quartan Agues adust Choller, Urine.

By Antipathy to other Planets, It cures the French Pox by Antipathy to *Venus* who governs it. It strengthens the Memory, and cures Deafness by Antipathy to *Saturn* who hath his Fall in *Aries* which he Rules the Head. It cures Quartan Agues, and other Diseases of Melancholly and adust Choller by Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Also it provokes Urin, the stopping of which is usually caused by *Mars*, or the Moon.

Carrots.

THE Garden kind are so well known that they need no Description; but because they are of less Physical use than the wild kind (as indeed almost in all Herbs the Wild are most effectual in Physick, as being more powerful in operation than the Garden kinds) I shall therefore briefly describe the wild Carrot.

Description.] It groweth in a manner altogether like the Tame, but that the Leavs and Stalks are somewhat whiter and rougher: The Stalks bear large tufts of white Flowers, with a deep purple spot in the middle, which are contracted together when the Seed begins to ripen, that the middle part being hollow and low, and the outer Stalks rising high, maketh the whole Umbel to shew like a Birds nest. The Root is smal, long, and bard, unfit for meat, being somewhat sharp and strong.

Place.] The Wild kind groweth in divers parts of this Land plentifully by the Fields sides, and in untilled places.

Time.] They Flower and Seed in the end of Summer.

Government and Vertues.] Wild Carrots belong to *Mercury*, and therefore breaketh Wind, and removeth Stitches in the sides, provoketh Urin, and Womens Courses, and helpeth to break and expel the Stone: The Seed also of the same worketh the like effect, and is good for the Dropsie, and those whose Bellies are swollen with wind; helpeth the Chollick, the Stone in the Kidneys, and the rising of the Mother, being taken in Wine, or boyled in Wine and taken; and helpeth conception. The Leavs being applied with Honey to running Sores or Ulcers, doth cleanse them.

Barrenness ulcers. I suppose the Seeds of them perform this better than the Roots; And though *Galen* commend Garden Carrots highly,

break wind; yet experience teacheth, that they breed it first; and we may thank Nature for expelling it, not they: The Seeds of them expel wind indeed, and so mend what the Root marreth.

Caraway.

Descript. IT beareth divers stalks of fine cut Leavs lying upon the ground somewhat like to the Leavs of Carrots, but not bushing so thick, a little quick tast in them, from among which riseth up a square stalk not high as the Carrot, at whose joynts are set the like Leavs, but smaller and fewer, and at the top smal open tufts or umbels of white Flowers, which turn into smal blackish seed smaller than the Annis-seed, and of a quicker and hotter tast. The Root is whitish, smal, and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick tast, and stronger than the Parsnip, and abideth after Seed-time.

Place.] It is usually sown with us in Gardens.

Time.] They flower in June and July, and seed quickly after.

Government and Vertues.] This is also a Mercurial Plant. Caraway

Seed hath a moderate sharp quality whereby it breaketh Wind, and provoketh Urin, which also the Herb doth. The Root is better food than the Parsnip, and is pleasant and comfortable to the Stomach, helping digestion. The Seed is conducing to all the cold griefs of Head and Stomach, the Bowels or Mother, as also the wind in them, and helpeth to sharpen the Eye sight.

The Poulder of the Seed put into a Pultis, taketh away black and blue spots of blows and bruises. The Herb it self, or with some of the Seed bruised and fryed, laid hot in a bag or double cloth to the lower parts of the Belly, easeth the pains of the wind Chollick.

The Roots of Caraways, eaten as men eat Parsnips, strengthen the Stomachs of ancient people exceedingly, and they need not make a whol meal of them neither, and are fit to be planted in every ones Garden.

Caraway Comfects, once only dipped in Sugar, and half a Spoonful of them eaten in the morning fasting, and as many after each meal is a most admirable Remedy for such as are troubled with wind.

Celondine.

Descript.] THIS hath divers tender, round, whitish, green Stalks, with greater joynts than ordinary in other Herbs, as it were Knees, very brittle and easie to break, from whence grow Branches with large tender long Leavs, much divided into many parts, each of them cut in on the edges, set at the joynts on both sides of the Branches, of a dark bluish green color on the uper side like Columbines, and of a more pale, bluish green underneath, full of a yellow sap, when any part is broken, of a bitter tast, and strong scent. At the tops of the Branches which are much divided, grow gold yellow flowers of four leavs apiece, after which come smal long Pods

Pods, with blackish Seed therein. The Root is somewhat great at the base, shooting forth divers other long Roots and smal Strings, reddish on the outside, and yellow within, full of a yellow sap therein.

Place.] It groweth in many places by old Walls, by the Hedges, and way sides in untilled places; and being once planted in a Garden, especially in some shady place, it will remain there.

Time.] They flower all the Summer long, and the Seed ripeneth in the mean time.

Government and Vertues.] This is an Herb of the Sun, and under the Coelestial Lyon, and is one of the best cures for the Eyes that is. All that know any thing in *Astralogie*, know as well as I can tel them, That the Eyes are subject to the *Luminaries*; let it then be gathered when the Sun is in *Leo*, and the Moon in *Aries* applying to his Trine; let *Leo* arise, then may you make it into an Oyl or Oyntment which you please to anoint your sore Eyes withal: I can prove it both by my own experience, and the experience of those to whom I have taught it, That most desperate sore Eyes have been cured by this only Medicine; And then I pray, is not this better than endangering the Eyes by the art of the Needle? for if this

not absolutely take away the Film, it will so facilitate the work that it may be done without danger. The Herb or Roots boiled in white Wine and drunk, a few Anniseeds being boyled therewith, openeth Obstructions of the Liver and Gall, helps the yellow Jaundice: and the often using it, helps the Dropsie and the Itch, and those that have old Sores in their Legs, or other parts of the Body. The Juyce thereof taken fasting, is held to be of singular good use against the Pestilence: The Distilled Water with a little Sugar, and a little good Treacle mixed therewith (the party upon the taking being laid down to sweat a little) hath the same effect. The juyce dropped into the Eyes, cleanseth them from films and cloudiness which darken the sight, but it is best to allay the sharpness of the Juyce with a little Breast-milk: It is good in old filthy corroding, creeping Ulcers wheresoever, to stay their malignity of fretting and running, and to cause them to heal the more speedily: The Juyce often applied to Tettters, Ringworms, or other such like spreading Cancers, will quickly heal them, and rubbed often upon Warts will take them away. The Herb with the Roots bruised and heated with Oyl of Chamomel, and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother: and applied to Womens Breasts stayeth the overmuch flowing of their Courses. The Juyce or Decoction of the Herb gargled between the Teeth that ach, easeth the pain: and the Pouder of the dried Root, laid upon an aching hollow, or loos Tooth, wil caus it to fall out. The Juyce mixed with some Pouder of Brimstone, is not only good against the Itch, but taketh away all discolorings of the Skin whatsoever: And if it chance that in a tender

is causeth any Itching or Inflammation, by bathing the place with a little Vinegar it is helped.

Another ill-favor'd trick have Physicians got to use to the Eye, and that is worse than the Needle; which is, To eat away the Film by corroding or mawing Medicines. This I absolutely protest against.

1. Because the Tunicles of the Eye are very thin, and therefore soon eaten under.

2. The *Callus* or Film that they would eat away, is seldom of an equal thickness in every place, and then the Tunicle may be eaten asunder in one place, before the Film be consumed in another, and so be a readier way to extinguish the sight, than to restore it.

It is called *Chelidonium* from the Greek word *χελιδων*, which signifies Swallow, because they say, That if you prick out the Eyes of yong Swallows when they are in the Nest, the old ones will recover their eyes again with this Herb. This I am confident, for I have tried it, That if you mar the very Apple of their Eyes with a Needle, she will recover them again but whether with this Herb or no, I know not.

Also I have read (and it seems to me somewhat probable) That the Herb being gathered, as I shewed before, and the Elements drawn apart from it by the art of the Alchymist, and after they are drawn apart, rectified, the earthy quality still in rectifying them, added to the *Terra damnata* (as Alchymists call it) or *Terra sacratissima* (as some Phylosophers call it) the Elements so rectified are sufficient for the Cure of all Diseases, the humor offending being known, and the contrary Element given: It is an Experience worth the trying, and can do no harm.

The lesser Celondine, usually known by the name of Pilewort, and Figwort.

[Wonder what ailed the Ancients to give this the name of *Celondine* which resembles it neither in nature or form: It acquired the Name of *Pilewort* from its Vertues, and it being no great matter where I set it down, so I do set it down at all, I humor'd D. Tradition so much as to set it down here.

Description.] This *Celondine* then, or *Pilewort* (which you please) doth spread many round, pale, green Leav's set on weak and trailing Branches, which lie upon the ground, and are fat, smoth, and somewhat shining, and in some places (though seldom) marked with black spots, each standing on a long footstalk, among which rise smal yellow Flowers, consisting of nine or ten smal narrow Leav's, upon slender Footstalks very like unto a *Crowfoot*, whereunto the Seed also is not unlike, being many smal ones set together upon a Head. The Root is made of many smal Kernels like grain of Corn, some twice as long as others, of a whitish colour, with some fibres at the end of them.

Place.] It groweth for the most part in the moist corners of Fields, and places that are neer Water-sides, yet wil abide in dryer grounds, if they be but a little shadowed.

Time.] It Flowreth betimes about *March*, or *April*, is quite gone in *May*, so as it cannot be found until it spring again.

Governa-

Government and Vertues.] It is under the Dominion of *Mars*, and hold here another Verification of that Learning of the Ancients, viz. That the Vertue of an Herb may be known by its signiture as plainly appears in this, for if you dig up the Root of it, you shal perceive the perfect image of that Disease which they commonly call the Piles. It is certain

Hemorrhoides, by good experience, That the Decoction of the Leavs and Root doth wonderfully help the Piles and Hemorrhoids, as also *Kings-Evil.* Kernels by the Ears and Throat called the Kings Evil, or any other hard Wens or Tumors.

Here's another Secret for my Country men and Women, a couple of them together, Pilewort made into an Oyl Oyntment or Plaister readily cures both the Piles or Hemorrhoids, and the Kings Evil, If I may lawfully call it the Kings Evil now there is no Keng, the very Herb born about ones Body next the skin, helps in such Diseases: though it never touch the place grieved, let good people make much of it for these uses, with this I cured my own Daughter of the Kings Evil, broke the Sore, drew out a quarter of a pint of Corruption, and Cured it without any Scar at al, and in one Weeks time.

The Ordinary smal Centaury.

Descript.] **T**his groweth up most usually but with one round and somewhat crested stalk, about a foot high, or better, branching forth at the top into many sprigs, and some also from the joynts of the stalks below: The Flowers that stand at the tops as it were in an umbel or tuft, are of a pale red, tending to a Carnation colour, consisting of five, sometimes six smal Leavs, very like those of St. Johns Wort, opening themselves in the day time, and closing at night: after which come Seed in little short Husks in form like unto wheat corns: The Leavs are smal and somewhat round. The Root smal and hard, perishing every year: The whole plant is of an exceeding bitter tast.

There is another sort in all things like the former, save only it beareth white Flowers.

Place.] They grow ordinarily in Fields, Pastures, and Woods, but that with the white Flowers, not so frequent as the other.

Time.] They flower in July, or therabouts, and Seed within a Month after.

Government and Vertues.] They are al under the Dominion of the Sun, as appears in that their flowers open and shut as the Sun either sheweth, or hideth his face. This Herb boyled and drunk, purgeth Chollerick and gross humors, and helpeth the Sciatica: It openeth Obstructions of the Liver, Gall, and Spleen, helping the Jaundice, and easing the pains in the sides, and hardness of the Spleen, used outwardly, and is given with very good effect in Agues: It helpeth those that have the Dropsie, or the green Sickness, being much used by the Italians in powder for that purpose. It killeth the Worms in the Belly as is found by experience.

There is besides these another smal *Centaury*, which beareth a yellow Flower, in al other respects it is like the former, save that the Leavs are bigger, and of a darker green, and the stalk passeth through the midst of them, as it doth in the Heib *Thorowax*. They are al of them as I told you under the Dominion of the *Sun*: yet this if you observe it, you shal find an excellent truth; In Diseases of Bloud, use the red *Centaury*; if of Choller, use the yellow; but if of Flegm, or Water, you wil find the White best.

The Cherry-Tree.

Place.] For the place of its growth, it is afforded room in every Orchard.
Government and Vertues.] It is a Tree of Venus. Cherries, as they are of
different tastes, so they are of divers qualities: The sweet pass through the
stomack and belly more speedily, but are of little Nourishment.

Appetite
loſt, Flegm
Groſſe Hu-
mors, Cool,
provoke
Urin,
Cough,
Hoarſneſſ,
Sight,
Gravel,
Wind,

The tart, or ſowr, are more pleaſing to an hot Stomack, procuring Appetite to meat, and help to cut tough Flegm and groſſe Humors: but when theſe are dried, they are more binding the Belly than when they are freſh, being Cooling in hot Diſeaſes, and welcome to the Stomach, and provoke Urin. The Gum of the *Cherry-tree* diſſolved in Wine, is good for a cold Cough, and hoarſneſſ of the Throat, mendeth the colour in the Face, ſharpneth the Eye-ſight, provoketh Appetite, and helpeth to break and expel the Stone: The *Black Cherries* bruised with the ſtones, and diſtilled, the Water thereof is much uſed to break the Stone, expel Gravel, and break the Wind.

Winter

Winter-

Winter-Cherries.

Descript.] **T**he Winter-Cherry hath a running or creeping Root in the Ground of the bigneß many times of ones little Finger, shooting forth at several joynts in several places, wherby it quickly spreadeth great compass of ground: The Stalk riseth not above a yard high, where are set many broad, and long green Leavs, somewhat like Nighshade but larger: at the joynts wherof come forth whitish Flowers made of five Leavs a piece, which after turn into green Berries, inclosed with thin skins, which change to be reddish, when they grow ripe, the Berry likewise being reddish and as larg as a Cherry, wherin are contained many flat and yellowish seeds lying within the pulp: which being gathered and strung up, are kept all the year, to be used upon occasion.

Place.] They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

Time.] They flower not until the middle or latter end of July, and the Fruit is ripe about the end of August, or beginning of September.

Government and Vertues.] This also is a Plant of Venus. They are of great use in Phylick: The Leavs being Cooling may be used in Inflammations, but not opening as the Berries and Fruit are, which by drawing down the Urin, provoke it to be avoided plentifully when it is stopped, or grown hot, sharp, and painful in the pa-
Inflammations, Disu- ry, Stone, Gravel, ulcers in the Reins, and Bladder, pissing Blood, sharpness of Urins. A precious Receipt.
The Leavs being Cooling may be used in Inflammations, but not opening as the Berries and Fruit are, which by drawing down the Urin, provoke it to be avoided plentifully when it is stopped, or grown hot, sharp, and painful in the pa-
ry, Stone, Gravel, ulcers in the Reins, and Bladder, pissing Blood, sharpness of Urins. A precious Receipt.
sage: it is good also to expel the Stone and Gravel out of the Reins, Kidnies, and Bladder, helping to dissolve the stone, and avoiding it by greet or gravel sent forth in the Urin: it also helpeth much to cleanse inward Impostumes or Ulcers in the Reins or Bladder, or in those that avoid a bloody or foul Urin. The distilled Water of the Fruit, or the Leavs together with them, or the Berries green or dry, distilled with a little Milk, and drunk morning and evening with a little Sugar, is effectual to al the purposes afore specified, and especially against the heat and sharpness of the Urin. I shal only mention one way amongst many others which might be used for ordering the Berries to be helpful for the Urin and the stone, which is thus, Take three or four good handfuls of the Berries either green and fresh, or dried, and having bruised them, put them into so many Gallons of Beer or Ale when it is new runned up: This Drink taken daily, hath been found to do much good to many; both to ease the pains, and expel urin, and the stone, and to cause the stone not to ingender. The Decoction of the Berries in Wine or Water is the most usual way; but the Pouder of them taken in Drink, is more effectual.

Chervil.

It is called Cerifolium, Myrrhis, and Mirra, Chervil, sweet-Chervil, and sweet-Cicily.

Descript.] The Garden Chervil doth at first somewhat resemble Parsly, but after

It is better grown the Leavs are much cut in and jagged, resembling Hemlocks, being a little hairy, and of a whitish-green color, sometimes turning reddish in the Summer with the stalks also; It riseth little above half foot high, bearing white Flowers in Spoked tufts, which turn into long round Seed pointed at the ends, and blackish when they are ripe; of a sweet tast, but no smel, though the Herb it self smelleth reasonable well: The Root is smal and long, and perisheth every year, and must be sown anew in the Spring for Seed, and after July for Autumn Sallet.

The wild Chervil groweth two or three foot high, with yellow stalks and leaves, set with broader and more hairy Leavs, divided into sundry parts edged about the edges, and of a darker green color, which likewise grow reddish with the stalks; at the tops whereof stand smal white tufts of Flowers, and afterwards smaller and longer seed: The Root is white, hard, and enduring long. This hath little or no scent.

[Place.] The first is sown in Gardens for a Sallet-Herb. The second groweth wild in many of the Meadows of this Land, and by the Hedg-sides, and on Heaths.

[Time.] They flower and seed early, and thereupon are sown again in the end of Summer.

[Government and Vertues.] The Garden Chervil being eaten, doth moderately warm the Stomach, and is a certain Remedy (saith *Tragus*) to dissolve congealed or clotted Blood in the Body, or that which is clotted by bruises, falls, &c. The Juyce or distilled Water therof being drunk, and the bruised Leavs laid to the place, being taken either in meat or drink, it is held good to provoke Urin, to expel the Stone in the Kidnies, to send down Womens Courses, and to help the Pleuresie and prickings of the Sides.

The wild Chervil bruised and applied, dissolveth Swellings in any part of the Body, and taketh away the Spoots and Marks of blue spots. congealed Blood by bruises or blows, in a little space.

Sweet Chervil, or, Sweet Cicely.

[Descript.] This groweth very like the greater Hemlock, having large spread Leavs, cut into divers parts, but of a fresher green color than the Hemlock, tasting as sweet as the Anniseed. The Stalk riseth up a yard high or better being crested or hollow, having the like Leavs at the joints, but lesser; and at the tops of the Branched Stalks, umbels or Tufts of white Flowers; after which come large and long crested, black shining seed, pointed at both ends, tasting quick, yet sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long Branches therein, in tast and smel stronger than the Leavs or Seed, and continuing many yeers.

[Place.] This groweth in Gardens.

[Government and Vertues.] These are all three of them of the Nature of Jupiter, and under his Dominion. This whol Plant, besides

Cold Stomach,
Wind, Flegm,
Lungues,
Phtisick, Pesti-
lence, Terms
provokes, Af-
ter-birth, Ap-
petite lost, Ul-
cers, Epidemi-
cal Diseases.

sides its pleasantness in Sallats, hath also his Physical Vertues. The Root boyled and eaten with Oyl and Vinegar (or without Oyl) doth much please and warm an old cold Stomach, oppressed with wind or flegm, or the like that have the Phtisick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague; it provoketh Womens Courses, and expelleth the After-birth, procureth an appetite to meat, and expelleth Wind. The Juyce is good to heal the Ulcers of the Head and Face. The candied Roots hereof are held as effectual *Angelica* to preserve from infection in the time of a Plague and to warm and comfort a cold weak Stomach.

It is so harmless you cannot use it amiss.

Chestnut Tree.

TO describe a Tree so commonly known, were as vain as tell a man he had gotten a Mouth; therefore take the Government and Vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and therefore the fruit must needs breed good blood, and yield commendable nourishment to the Body, yet if eaten over much, they make the Blood thick, procure headach, and bind the body; the inner skin that covereth the Nut, of so binding a quality, that a scruple of it being taken by a man or ten grains by a child, soon stops any flux whatsoever: The whole Nut being dried and beaten into powder, and a drachme taken at a time is a good remedy to stop the Terms in Women.

Elux, If you dry Chestnuts, and beat them into Powder (only the Kernel I mean) both the Bark being taken away, beat them into Powder, and make the Powder up into an Electuary with Honey.

Terms, so have you an admirable Remedy for the Cough and spitting blood.

stops,

Cough,

spitting blood.

Earth-Chestnuts.

They are called Earth-Nuts, Earth-Chestnuts, Ground-Nuts, Capper-Nuts, and we in *Sussex* call them Pig-nuts: A Description of them were needless, for every Child knows them.

Government and Vertues.] They are something hot and dry in quality under the Dominion of *Venus*, they provoke Lust exceedingly, and stir up to those sports she is Mistress of; the Seed is excellent good to provoke Urin, and so also is the Root, but it doth not perform it so forcibly as the Seed doth. The Root being dried and beaten into Powder, and the Powder made into an Electuary is as singular a Remedy for spitting and pissing blood as the former Chestnuts was for Coughs.

Chick-

Chickweed.

Descript.] **T**his is generally known to most People, I shall therefore not trouble you with the Description thereof; nor my self with setting forth the several kinds; sith but only two or three are considerable for their usefulness.

Place.] These are usually found in moist and watry places, by Wood sides, and elf-where.

Time.] They flower about June, and their Seed is ripe in July.

Government and Vertues.] It is a fine soft pleasing Herb, under the Dominion of the Moon, It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for meat only. The Herb bruised, or the Juyce applied (with cloaths or sponges dipped therein) to the Region of the Liver, and as they dry to have fresh applied, doth wonderfully temper the heat of the Liver; and is effectual for all Imposthums and Swellings whersoever; for all redness in the Face, Wheals, Pushes, Itch, Scabs, the Juyce either simply used, or boyled with Hogs Grease and applied; the same helpeth Cramps, Convulsions, and Palsies: The Juyce or distilled Water is of much good use for al heat and redness in the Eyes to drop some therof into them; as also into the Ears to ease pains in them, and is of good effect to ease the pains, the heat, and sharpness of Blood in the Piles, and generally all pains in the Body that arise of heat; it is used also in hot and virulent Ulcers and Sores in the privy parts of Man or Woman, or on the Legs, or elf-where. The Leaves boyled with Mash-Mallows, and made into a Pultis with Fenugreek, and Lin-seed, applied to Swellings or Imposthums ripeneth and breaketh them, or swageth the swellings, and easeth the pains: It helpeth the Sinews when they are shrunk by Cramps or otherwise, and to extend and make them pliable again, by this Medicine. Boyl an handful of Chickweed, and a handful of red Rose Leavs dried, but not distilled, in a quart of Muscadine until a fourth part be consumed; then put to them a pint of Oyl of Trotters, or Sheeps-feet; let them boyl a good while, still stirring them well; which being strained, anoint the grieved place therewith, warm against the fire, rubbing it wel in with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods blessing it will help with three times dressing.

Cich-Pease, or Cicers.

Descript.] **T**he Garden sorts, whether red, black, or white, brings forth Stalks a yard long, wheron do grow many smal and almost round Leavs, dented about the edges, set on both sides of a middle Rib: at the Joynts come forth one or two Flowers upon short Foot-stalks, Peasfashion, either white or whitish, or purplish red, lighter or deeper according as the Peas that follow wil be, that are contained in smal, thick, and short Pods.

Pods, wherein lie one or two Peas more usually, a little pointed at the lower end, and almost round at the Head, yet a little corner'd or sharp. The Root is smal, and perisheth yearly.

Place and Time.] They are sown in Gardens, or the Fields, as Peas, being sown later than Peas, and gathered at the same time with them, or presently after.

Government and Vertues.] They are both under the Dominion of Venus. They are no less windy than Beans, but nourish more, they provoke Urine, and are thought to encrease Sperm, they have a clensing faculty, whereby they break the stones in the Kidneys: To drink the Cream of them being boyled in Water is the best way: it moveth the Belly downwards, provoketh Womens Courses, and Urin, and encreaseth both Milk and Seed. One ounce of Cicers, two ounces of French Barley, and a smal handful of Marsh-Mallow Roots, clean washed and cut, being boyled in the broth of a Chicken, and four ounces taken in the morning, and fasting two hours after is a good Medicine for a pain in the sides. The white Cicers are used more for Measles than Medicine, yet have they the same effects, and are thought more powerful to encrease Milk and Seed.

The wild Cicers are so much more powerful than the Garden kinds, by how much they exceed them in heat and driness, whereby they do more open Obstructions, break the stone, and have all the properties of cutting, opening, digesting, and dissolving, and this more speedily and certainly than the former.

Cinkfoyl, or Five Leaved Grass;

Called in some Countries,

Five Finger'd Grass.

Descript.] This spreadeth and creepeth far upon the ground, with long slender strings like Strawberries, which take Root again and shooteth forth many Leavs made of five parts, and sometimes of seven, dented about the edges and somewhat hard: The stalks are slender leaning downwards, and bear many smal yellow Flowers thereon, with some yellow threds in the middle, standing about a smooth green head; which when it is ripe is a little rough, and containeth smal brownish Seeds. The Root is of a blackish brown color, seldom so big as ones little finger, but growing long with some threds thereat; and by the smal strings it quickly spreadeth over the ground.

Place.] It groweth by Wood sides, Hedge sides, the Pathwaies in Fields, and in the borders and corners of them almost through all this Land.

Time.] It flowereth in Summer, some sooner, some later.

Government and Vertues.] This is an Herb of Jupiter, and therefore strengthens the parts of the Body that he rules; let Jupiter be angular and strong when it is gathered, and if you give but a scruple (which is but

twenty grains of it) at a time, either in white Wine or white Wine Vinegar, you shall very seldom miss the cure of an Ague, be it what Ague soever in three Fits, as I have often proved to the admiration both of my self and others; let no man despise it because it is plain and easie, the waies of God are all such, 'tis the ungodliness and impudency of Man that made things hard, and hath (by so doing) made sport for all the Devils in Hell, and grieved the good Angels, and when you made this, your own Genius, if you be any thing at all acquainted with it, may dictate to you many as good conclusions both of this and other Herbs. It is an especial Herb used in all Inflammations and Feavers whether infectious or Pestilential; or among other Herbs to cool and temper the Blood and Humors in the Body; As also for all Lotions, Gargles, Injections, and the like for sore Mouths, Ulcers, Cankers, Fistulaes, and other corrupt, foul, or running Sores. The Juyce hereof drunk about four ounces at a time for certain daies together, cureth the Quinsie, and the yellow Jaundice, and taken for thirty daies together cureth the Falling-sickness. The Roots boyled in Milk and drunk, is a most effectual remedy for all Fluxes in Man or Woman, whether the Whites, or Reds, as also the Bloody flux. The Roots boyled in Vinegar, and the Decoction thereof held in the Mouth, easeth the pains of the Toothach. The Juyce or Decoction taken with a little Honey, helpeth the hoarseness of the Throat, and is good for the Cough of the Lungues. The Distilled Water of both Roots and Leavs is also effectual to all the purposes aforesaid; and if the Hands be often washed therein, and suffered at every time to dry in of it self without wiping it will in short time help the Palsey, or shaking in them. The Root boyled in Vinegar, helpeth all knots, kernels, hard swellings, and lumps growing in any part of the Flesh, being there-to applied, as also all Inflammations, and St. Anthonies fire, all Impossthumes, and painful Sores, with heat and putrification; the Shingles also, and all other sorts of running and foul Scabs, Sores, and Itch. The same also boyled in Wine, and applied to any Joynts full of pain ach, or the Gout in the Hands or Feet, or the Hip-gout, called the *Sciatica*, and the Decoction thereof drunk the while, doth cure them, and easeth much pains in the Bowels. The Roots are likewise effectual to help Ruptures or Burstings, being used with other things available to that purpose, taken either inwardly, or outwardly, or both; as also for Bruises, or Hurts by Blows, Falls, or the like, and to stay the bleeding of Wounds in any part inward or outward.

Some hold that one Leaf cures a Quotidian, three a Tertian, and four a Quartan Ague, and a hundred to one if it be not *Dioscorides*, for he is full of such whimsies. The truth is, I never stood so much upon the number of the Leavs, nor whether I

gave it in Poudre or Decoction: If *Jupiter* were strong and the *Moon* applying to him, or his good aspect at the gathering of it, I never knew miss the desired effects.

Cives.

They are also called Rush Leeks, Chives, Civer, and Sweth.

Temperature and Vertues.] I confess I had not added these had not been for a Letter I received of a Country Gentleman, who certified me that amongst other Herbs I had left these out; they are indeed a kind of Leeks, hot and dry in the fourth degree as they are, and also under the Dominion of *Mars*; if they be eaten raw (I do not mean raw opposite to roasted or boyled, but raw opposite to a Chymical Preparation) they send up very hurtful vapors to the Brain, causing troublefom sleep and spoiling the eyesight, yet of them prepared by the Art of the Alchymist may be made an excellent remedy for stoppage of Urine.

Clary, Or more properly, Cleer-Eye.

Descript.] **O**ur ordinary Garden Clary hath four square Stalks, with broad, tough, wrinkled, whitish, or hairy green Leaves, somewhat evenly cut in on the edges, and of a strong sweet scent, growing some neer the ground, and some by couples upon Stalks: The Flowers grow at certain distances with two smal Leaves at the Joynts under them, somewhat like unto the Flowers of Sage, but smaller, and of a whitish blue color: The Seed is brownish, and somewhat flat, or not so round as the wild, the Roots are blackish and spread not far, and perish after the Seed time: It is usually sown, for it seldom riseth of its own sowing.

Place.] This groweth in Gardens.

Time.] It Flowreth in June and July, some a little later than others, and their Seed is ripe in August, or thereabouts.

Government and Vertues.] It is under the Dominion of the *Moon*: The Seed is used to be put into the Eyes to cleer them from Moats, or other such like things gotten within the Swellings, Lids to offend them, as also to cleer them from white or red Splinters, spots in them. The Muccilage of the Seed made with Water, and applied to tumors or swellings, disperseth and taketh them away, as also draweth forth splinters, thorns, or other things gotten into the flesh. The Leavs used with Vinegar either by it self or with a little Honey, doth help hot Inflammations, as also Boyls, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they be grown too great. The Poudre of the dried Root put into the Nose, provoketh sneezing, and thereby purgeth the Head and Brain of much Rhewm and Corruption. The Seed or Leavs taken in Wine provoketh to Venery. It is of much use both for Men and Women that have weak Backs, to help to strengthen the Reins, used either by it self or with other Herbs conducing to the same

and in Tansies often: The fresh Leavs dipped in a Batter of Flower, Eggs, and a little Milk, and fried in Butter, and served to the Table, is not unpleasant to any, but exceeding profitable for those that are troubled with weak Backs, and the effects thereof. The Juyce of the Herb put into Ale or Beer, and drunk, bringeth down Womens Courses, after birth and expelleth the After-birth.

It is an usual course with many men when they have gotten the running of the Reins, or Women the Whites, then run to the Bush of Clary; and bring hither the frying Pan, fetch me some Butter quickly, then to fry fried Clary, just as Hogs eat Acorns, and this they think will cure their Disease (forsooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their Backs are as much the better as though they had pissed in their shoes, nay perhaps much worse.

We will grant that Clary strengthens the Back, but this we deny, That the cause of the running of the Reins in Men, or the Whites in Women lies in the Back (though the Back may sometimes be weakened by them) and therefore the Medicine is as proper, as for me when my Toe is sore, to lay a plaster to my Nose.

Wild Clary.

Wild Clary is most blasphemously called Christs-Eye, because it cures Diseases of the Eyes: I could wish from my very soul, Blasphemy, Ignorance, and Tyranny were ceased amongst Physicians that they might be happy, and I joyful.

Descript.] It is like the other Clary, but lesser, with many stalks about a foot and an half high; the stalks are square, and something hairy; the Flowers of a bluish color. He that knows the common Clary cannot be ignorant of this.

Place.] It grows commonly in this Nation, in Barren places; you may find it plentifully if you look in the Fields near Grays-Inn, and the Fields near Chelby.

Time.] They flower from the beginning of June to the latter end of August.

Government and Vertues.] It is something hotter and dryer than the Garden Clary is, yet nevertheless under the Dominion of the Moon, as well as that the Seeds of it being beaten to Pouder and drunk with Wine is an admirable help to provoke Lust: A Decoction of the Leavs being drunk warms the stomach, and 'tis a wonder if it should not, the stomach being Cancer the House of the Moon; also it helps digestion, scatters congealed blood in any part of the Body, and help dimness of sight; the Distilled water thereof cleanseth the Eyes of redness, waterishness and heat, 'tis a gallant Remedy for dimness of sight, to take one of the Seeds of it, and put into the Eye, and there let it remain while it drops out of it self, the pain of it will be nothing to speak on; it will cleanse the Eyes of all filthy and putrified

makers, and in often repeating of it, will take off any Film which covereth the sight; a handsomer, safer, and easier Remedy a great deal than to take it off with a needle.

Cleavers.

It is also called Aparine, Gool-share, Gool-gras, and Clavers.

Descript.] The common Cleavers hath divers very rough square stalks not so big as the Tag of a Point, but rising up to be two three yards high sometimes, if it meet with any tall Bushes or Trees where it may climb (yet without any clasps) or else much lower, and lying upon the ground full of joints, and at every of them shooteth forth a Branch, besides the Leavs thereat, which are usually six, set in a round compass like a Star, or the Rowel of a Spur: from between the Leavs at the Joints towards the tops of the Branches, come forth very smal white Flowers, even one upon a smal threddy Footstalk, which after they are fallen, there do shew two smal, round, rough seeds, joyned together like two Testicles, which when they are ripe grow hard and whitish, having a little hole on the side somewhat like unto a Navel. Both Stalks, Leavs, and Seeds are so rough that they will cleave to any thing shall touch them. The Root is smal and threddy, Spreading much in the ground, but dieth every yeer.

Place.] It groweth by the Hedge and Ditch sides in many places of the Land, and is so troublesome an Inhabitant in Gardens, that it rampeth upon, and is ready to choak what ever grows next it.

Time.] It flowereth in June and July, and the Seed is ripe and falleth again in the end of July or August, from whence it springeth up again, and not from the old Roots.

Government and Vertues.] It is under the Dominion of the Moon.

The Juyce of the Herb, and the Seed together taken in Wine helpeth those that are bitten with an Adder, by preserving the Heart from the Venom; It is familiarly taken in Broth to keep them lean and lank that are apt to grow fat. The distilled Water drunk twice a day helpeth the yellow Jaundice, and the Decoction of the Herb in experience found to do the same, stayeth Lasks and bloody Fluxes. The Juyce of the Leavs, when they a little bruised and applied to any bleeding Wound, stayeth the bleeding. The Juyce is also very good to close up the lips of green Wounds; and the Ponder of the dried Herb strewed thereupon doth the same, and likewise helpeth old Ulcers: Being boyled with Hogs Grease, it healeth all sorts of hard swellings of kernels in the throat, being anointed therewith. The Juyce dropped into the Ears taketh away the pains of them.

It is a good remedy in the Spring, eaten (being first chopped smal and boyled well) in Water-gruel, to cleanse the Blood, and strengthen the Liver, thereby keeping the Body in Health, and fitting it for that change of Season that is coming.

Clown

Clowns Woundwort.

Descript.] It groweth up sometimes to three or four foot high, but usually about two foot, with square, green, rough stalks, but slender, toward somewhat far asunder, and two very long, and somewhat narrow, dark green Leavs, bluntly dented about the edges, thereat ending in a long point. The Flowers stand toward the tops compassing the Stalks at the Joyns with the Leavs and end likewise in a spiked top, having long and much open gaping heads of a purplish red color, with whitish spots in them, standing in somewhat rough Husks, wherein afterwards stand blackish round Seeds. The Root is composed of many long strings, with some tuberos long Knobs growing among them, of a pale yellowish or whitish color, yet at some times of the year these knobby Roots in many places are not seen in the Plant: The whole Plant smelleth somewhat strongly.

Place.] It groweth in sundry Countries of this Land, both North and West, and frequently by Path sides in the Fields neer about London, and within three or four miles distance about it, yet usually grows in or neer Ditches.

Time.] It flowreth in June and July, and the Seed is ripe soon after.

Government and Vertues.] It is under the Dominion of the Planet Saturn. It is singularly effectual in all fresh and green Wounds, and therefore beareth not this name for nought. And is very available in stanching of Blood, and to dry up the fluxes of Humors in old fretting Ulcers, Cancers, &c. that hinder the healing of them.

Use.] A Syrup made of the Juyce of it is inferior to none for inward Wounds, Ruptures of Veins, bloody Flux, Vessels broken, spitting, pissing, or vomiting Blood: Ruptures are excellently and speedily, even to admiration, cured by taking now and then a little of the Syrup, and applying an Oyntment or Plaster of the Herb to the place. Also if any Vein be swelled, or Muscle cut, apply a Plaster of this Herb to it, and if you ad a little Comfry to it, it will not do amiss: I assure thee the Herb deserves Commendations though it have gotten but a Clownish name, and whoever reades this (if he try it as I have done) will commend it as well as I.

I have done, only take notice, That it is of a dry Earthy quality.

Cocks-Head, Red Fitchling, or Medick Fetch.

Descript.] This hath divers weak, but rough Stalks, half a yard long, leaning downwards, beset with winged Leavs, longer and more pointed than those of Lentils, and whitish underneath; from the tops of these stalks arise up other slender stalks, naked without Leaves unto the tops, where there grow many smal Flowers in manner of a Spike,

Spoke, of a pale reddish color, with some blueness among them : after which rise up in their places, round, rough, and somewhat flat Heads. The Root is tough and somewhat woody, yet liveth, and shooteth anew every year.

Place.] It groweth under Hedges, and sometimes in the open Fields, in divers places of this Land.

Time.] They flower all the Months of July and August, and the Seed ripeneth in the mean while.

Government and Vertues.] It is under the Dominion of Venus. It hath power to rarifie and digest; and therefore the green Leavs bruised and laid as a Plaister disperseth Knots, Nodes, or Knots and Kernels in the Flesh; and if when it is dry it be taken in Wine, it helpeth the Strangury : and being anointed with Oyl, it provoketh Sweat. It is a singular food for Cattel, to cause them to give store of Milk, and why then may it not do the like being boyled in the ordinary drink of Nurles.

Columbines.

These are so well known, growing in almost every Garden, that I think I may save the expence of time in writing a Description of them.

Time.] They flower in May, and abide not for the most part when June is past, perfecting their Seed in the mean time.

Government and Vertues.] It is also an Herb of Venus. The Leavs of Columbines are commonly used in Lotions with good success for sore Mouths and Throats : *Tragus* saith, That a dram of the Seed taken in Wine with a little Saffron, openeth obstructions of the Liver, and is good for the yellow Jaundice, if the parry after the taking thereof be laid to sweat wel in his Bed : The Seed also taken in Wine causeth a speedy Delivery of Women in Child-birth, if one draught suffice not, let her drinke a second, and it is effectual. The Spaniards use to eat a piece of the Root hereof in a morning fasting, many daies together, to help them being troubled with the stone in the Reins or Kidneys.

Coltsfoot.

Called also Cough-wort, Foals-foot, Hors-hoof, and Bulls-foot.

Descript.] This shooteth up a slender stalk with smal yellowish Flowers somewhat early, which fall away quickly; and after they are past, come up somewhat round Leavs, sometimes dented a little about the edges, much lesser, thicker, and greener, than those of Butter-bur, with a little down or freeze over the green Leaf on the uper side, which may be rubbed away, and whitish or mealy underneath. The Root is smal and white, spreading much under ground, so that where it taketh, it wil hardly be driven away again, if any little piece be abiding therein; and from thence springeth fresh Leavs.

Place.] It groweth as well in wet grounds, as in drier places.

Time.] And Flowreth in the end of February, the Leavs beginning to appear in March.

Government and Vertues.] The Plant is under *Venus*. The fresh Leaves, or Juyce, or a Syrup made thereof is good for a hot dry Cough, for wheelings and shortness of breath. The dry Leavs are best for those that have thin Rheums, and Distillations upon the Lungs, causing a Cough, for which also the dried Leavs taken as Tabaco, or the Root, is very good. The distilled Water hereof simply, or with Elder Flowers and Nightshade, is a singular Remedy against al hot Agues, to drink two ounces at a time, and apply Cloaths wet therein to the Head and Stomach; which also doth much good being applied to any hot Swellings or Inflammations; it helpeth St. Anthonies Fire, and Burnings, and is singular good to take away Wheals, and smal Pusshes that arise through heat; As also the burning heat of the Piles, or privy parts, cloathes wet therein being therunto applied.

Comfry.

Descript.] The common great Comfry hath divers very large and hairy green Leavs lying on the ground, so hairy or prickly that if they touch any tender part of the Hands, Face, or Body, it will cause it much pain: The Stalk that riseth up from among them being two or three foot high, hollow and cornered, is very hairy also, having many such like Leavs on given below, but lesser and lesser up to the top. At the Joynts of the Stalk, it is divided into many branches with some Leavs thereon, and at the ends stand many Flowers in order one above another, which are somewhat long and hollow like the finger of a Glove, of a pale whitish color, after which come smal black Seed. The Roots are great and long, Spreading great thick Branches under ground, black on the outside and whitish within, short and easy to break, and full of a glutinous or clammy Juyce of little or no taste.

There is another sort in al things like this, save only it is somewhat less, and hath Flowers of a pale purple color.

Place.] They grow by Diches and Water sides, and in divers Fields that are moist, for therein they chiefly delight to grow: The first generally through al the Land, and the other but in some several places.

By the leave of my Authors, I know the first grow often in dry places.

Time.] They flower in June and July, and give their Seed in August.

Government and Vertues.] This is also an Herb of Saturn, and I suppose under the Sign *Capricorn*, cold, dry, and earthy in quality: What was spoken of Clowns Woundwort, may be said of this. The great Comfry helpeth those that spit blood, or make a bloody Urin: The Root boyled in Water or Wine, and the Decoction drunk, helpeth al inward hurts, bruises, and wounds, and the Ulcers of the Lungs, causing the Flegm that oppresseth them to be easily spit forth; It stayeth the defluxions of Rheum from the Head upon the Lungs, the Fluxes of Blood or humors by

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 Bloody by the Belly, Womens immoderate Courses, as well the Reins hapning by
 Flux, the Whites; and the running of the Reins hapning by
 Terms, cause soever. A Syrup made therof is very effectual for all the
 stops, inward Griets and Hurts; and the distilled Water for the
 whites, purpose also, and for outward Wounds and Sores in the Flesh
 Nervs cut or Sinewy part of the Body whersoever; as also to take away
 Muscles the fits of Agues, and to allay the sharpness of Humors. A Decoction
 cut, sharp of the Leaves hereof is available to all the purposes
 Humors, though not so effectual as of the Roots. The Roots being outwardly
 wounds, wardly applied, helpeth fresh wounds or cuts immediately, being
 Ruptures, bruised and laid thereunto; and is especial good for Ruptures
 broken and broken bones: yea it is said to be so powerful to consolidate
 Bones, date and knit together; that if they be boyled with disliced
 Knotted pieces of flesh in a pot, it wil joyn them together again. It is
 Breasts, good to be applied to Womens Breasts that grow sore by the
 Hemorrhoids, bundance of Milk coming into them: as also to repress
 Inflammation, the overmuch bleeding of the Hemorrhoids to cool the Inflammation
 of the parts thereabouts, and to give ease of pain. The Roots of Comfry taken fresh,
 Pained on Leather, and laid upon any place troubled with the Gout, do presently
 Joynts, give ease of the pains; and applied in the same manner giveth ease to pained
 Gangreens. Joynts, and profiteth very much for running and moist Ulcers, Gangreens,
 the like, for which it hath by often experience been found helpful.

Corralwort.

It is called by some Toothwort, Toothed Violet, Dog-teeth Violet, and Dentaria.

Descript. Of the many sorts of this Herb, two of them may be found growing in this Nation; the first of which shooteth forth one or two winged Leavs upon long brownish Footstalks, which are doubled down at their first coming out of the ground: when they are fully opened they consist of seven Leavs, most commonly of a sad green color, denred about the edges, set on both sides the middle Rib one against another, as the Leavs of the Ash-tree: the stalk beareth no Leavs on the lower half of it, the upper half beareth sometimes three or four, each consisting of five Leavs, sometimes but of three: on the top stand four or five flowers upon short footstalks, with long husks; the flowers are very like the flowers of stock Gilliflowers, of a pale purplish color, consisting of four Leavs apiece, after which cometh smal Cods which contain the Seed: the Root is very smooth, white, and shining, it doth not grow downwards, but creepeth along under the upper crust of the ground, and consisteth of divers smal round knobs, set together toward the top of the stalk there grow some single Leavs, By each of which cometh a smal round cloven Bulb, which when it is ripe, if it be set in the ground it will grow to be a Root.

As for the other Corralwort which groweth in this Nation, 'tis more scarce

any than this, being a very small Plant not much unlike Crowfoot, therefore I think it to be one of the sorts of Crowfoot: I know not where to direct you to it, and therefore I shall forbear the Description.

Place.] The first groweth neer *Mayfield* in *Sussex*, in a Wood called *High-reed*, and in another Wood there also, called *Fox holes*.

Time.] They flower from the latter end of *April* to the middle of *May*, and before the middle of *July* they are gone and not to be found.

Government and Vertues.] It is under the Dominion of the *Moon*. It clenseth the Bladder and provoketh Urin, expels Gravel, and the Stone, it easeth pains in the sides and bowels; it is excellent good for inward wounds, especially such as are made in the Breast or Lungs by taking a dram of the powder of the Root every morning in Wine; the same is excellent good for Ruptures, as also stop fluxes: an Oynment made of it, is excellent good for wounds and Ulcers, for it soon dries up the watry humor which hinders the Cure.

Costmary, or Alecost, or Balsom Herb.

This is so frequently known to be an Inhabitant in almost every Garden, That I suppose it needless to write a Description thereof.

Time.] It flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Jupiter*. The ordinary Costmary as well as Maudlin provoketh Urin abundantly, and moisteneth the hardness of the Mother; it gently purgeth Choller and Flegm, extenuating that which is gross, and cutting that which is tough and gluttenous, clenseth that which is foul, and hindreth putrifaction and corruption, it dissolveth without Attraction, openeth Obstructions, and healeth their evil effects, and is a wonderful help to all sorts of day Agues. It is astringent to the stomach, and strengtheneth the Liver and al the other inward parts, and taken in Whey, worketh the more effectually. Taken fasting in the morning, it is very profitable for the pains of the Head that are continual, and to stay, dry up, and consume al thin Rheums, or distillations from the Head into the stomach, and helpeth much to digest raw humors that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole body called *Cachexia*, being taken especially in the beginning of the Disease: It is an especial friend and help to evil, weak, and cold Livers. The Seed is familiarly given to Children for the Worms, and so is the Infusion of the Flowers in white Wine, given them to the quantity of two ounces at a time: It maketh an excellent Salve to cleanse and heal old Ulcers, being boyled with Oyl Olive, and Adders Tongue with it: and after it is strained, to put a little Wax, Rozin, and Turpentine to bring it into a convenient Body.

Cudweed,

Cudweed, or Cottonweed.

Besides Cudweed and Cottonweed, it is called Chafweed, Dwarf Cotton, and Petty Cotton.

Descript.] The common Cudweed riseth up but with one Stalk some time, and sometimes with two or three, thick set on all sides with smal, long and narrow whitish or wooly Leavs, from the middle of the Stalk almost up to the top; with every Leaf standeth a smal Flower, of a dun or brownish yellow color, or not so yellow as others; in which Heads after the Flowers are fallen come smal Seed wrapped up with the down therein, and is carried away with the Wind. The Root is smal and threddy.

There are other sorts hereof, which are somewhat lesser than the former, not much different, save only that as the stalk and Leavs are shorter, so the Flowers are paler, and more open.

Place.] They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

Time.] They flower about July, some earlier, some later, and their Seed is ripe in August.

Government and Vertues.] Venus is Lady of it. The Plants are all astringent, or binding and drying, and therefore profitable for Cind, dry, defluxions of Rheum from the Head, and to stay fluxes of Blood whersoever. The Decoction being made into red Wine **Fluxes,** and drunk, or the Pouder taken therin; it also helpeth the **stomach,** Bloody Flux, and easeth the torments that come thereby, stayeth **Ruptures,** the immoderate Courses of Women, and is also good for inward or outward Wounds, Hurts, and Bruises, and helpeth **Tenasmus;** Children both of Burstings and the Worms; and the Disease **Wounds,** called **Tenasmus,** which is an often provocation to the stool, and **Bleeding,** doing nothing, being either drunk or injected: The green **Ulcers,** Leavs bruised and laid to any green wound stayeth the bleeding, **Quinsie,** and healeth it up quickly: The Decoction or Juyce thereof doth the same, and helpeth al old and filthy Ulcers quickly: The Juyce of the Herb taken in Wine and Milk is (as *Pliny* saith) a Sovereign Remedy against the Mumps and Quinsie; and further saith, That whosoever shall take it, shall never be troubled with that Disease again.

Cowslips, or, Peagles.

Both the Wild and Garden Cowslips are so well known, that I will neither trouble my self nor the Reader with any Description of them.

Time.] They flower in April and May.

Government and Vertues.] Venus laies claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough the Oyntment or Distilled Water of it, adds Beauty, or at least restores it when it is lost. The Flowers are held to be more effectual than the Spots, Leavs, and the Roots of little use. An Oyntment being made **Wrinkles,** with them, taketh away spots, and wrinkles of the Skin, **Sunburn.**

ning

ning and Freckles, and ads Beauty exceedingly: They remedy al infirmities of the Head coming of Heat and Wind, as Vertigo, Epiphories, fall apparitions, Phrensies, Falling-sickness, Palsies, Convulsions, Cramps, Pains in the Nerve: The Rootes cal pains in the Back and Bladder, and open the passages of Urin: The Leavs are good in Wounds, and the flowers take away trembling: If the Flowers be not well dried and kept in a warm place, they will soon putrifie and look green, have a special eye over them: if you let them see the Sun once a Month, it will do neither the Sun nor them harm.

Because they strengthen the Brain and Nerves, and remedy Palsies, the Greeks gave them the name *Praxidis*: The flowers preserved or conserved, and the quantity of a Nutmeg eaten every morning, is a sufficient Dose, for inward Diseases, but for Wounds, Spots, Wrinkles, and Sunburning, an Oyntment is made of the Leavs and Hogs greaf.

Crabs-Claws.

They are called Water Sengreen, Knights Pondwort, Water Housleek, Wading Pondweed, and Fresh water Soldier.

Description.] It hath sundry long narrow Leaves with sharp prickles on the edges of them, also very sharp pointed; the stalks which bear flowers seldom grow so high as the Leavs, bearing a forked head like a Crabs Claw, out of which comes a white flower consisting of three Leavs, with divers yellowish hairy threds in the middle: it taketh Root in the mud in the bottom of the Water.

Place.] It grows plentifully in the Fens in *Lincolnshire*.

Time.] It flowers in *June*, and usually from thence till *August*.

Government and Vertues.] 'Tis a Plant under the Dominion of *Venus*, and therefore a great strengthner of the Reins; it is excellent good in that Inflammation which is commonly called St. Anthonies fire, it asswageth al Inflammations and Swellings in Wounds, and an Oyntment made of it is excellent good to heal them: there is scarce a better Remedy growing than this is, for such as have bruised their Kidnies, and upon that account pissing blood: a drachm of the pouders of the Herb taken every morning is a very good Remedy to stop the Terms.

Back-Cresses.

Descript.] It hath long Leavs deeply cut and jagged on both sides not much unlike wild Mustard; the Stalks be smal, very limber, though very tough, you may twist them round as you may a willow before they break: The Flowers be very smal and yellow; after which comes a Coe which contain the Seed.

Place.] It is a common Herb, grows usually by the way sides, and some- times

times upon mud Walls about London, but it delights most to grow among Stones and rubbish.

Time.] It Flowers in June and July, and the Seed is ripe in August and September.

Government and Vertues.] 'Tis under the Dominion of Mars, and is a Plant of a hot and biting nature: The true Brain, Rhumes, Lungs, cough ly, being in performing that office little inferior to Mustard Seed, if at al: they are excellent good to stay those Rheums which fall down from the Head upon the Lungs: You may beat the Seed into powder if you please, and make it up into an Electuary with Honey, so have you an excellent remedy for you, not only for the premises, but also for the Cough, yellow Jaundice and Sciatica. The Herb boyled into a Pultice, is an excellent Remedy for Inflammations both in Womens Breasts and Mens Testicles.

Sciatica-Cresses.

Descript.] These are of two kinds; The first riseth up with a round Stalk about two foot high, spread into divers Branches whose lower Leavs are somewhat larger than the upper, yet al of them cut, or torn on the edges, somewhat like Garden-Cresses, but smaller: The flowers are smal and white, growing at the tops of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in tast, more than the Cresses of the Garden: The Root is long, white and woody.

The other hath the lower Leavs whol, somewhat long and broad, not torn at al, but only somewhat deeply dented about the edges towards the ends, but those that grow up higher are lesser. The Flowers and Seed are like the former, and so is the Root likewise: and both Root and Seed as sharp as it.

Place.] These grow by the way sides in untilled places, and by the sides of old walls.

Time.] They Flower in the end of June, and their Seed is ripe in July.

Government and Vertues.] It is a Saturnine Plant. The Leavs, but especially the Roots taken fresh in the Summer time, beaten and made into a Pultis or Salve, with old Hogs Greas, and applied to the place pained with the Sciatica, to continue thereon four hours if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine and Oyl mixed together, and then wrapped with wool or Skins after they have swet a little, wil assuredly cure not only the same Disease in the Hips, Hucklebone, or other of the Joynts, as the Gout in the Hands or Feer, but all other old Grievs of the Head (as inveterate Rheums) and other parts of the Body that is hard to be cured: And if of the former Grievs any part remain; the same Medicine after twenty daies

Sciatica,

Gout,

Headach,

Rheums,

Spleen,

Scars, Le-

prosic,

Scars,

Scabs.

to be applied again. The same is also effectual in the Diseases of Spleen: and applied to the Skin it taketh away the the blemishes there- whether they be Scars, Leprosie, Scabs, or Scurf: which although it alterate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax.
Esteem of this as another Secret.

Water-Cresses.

Descript.] **O**UR ordinary Water-Cresses spreadeth forth with many weak, hollow sappy Stalks, shooting out fibres at the ends, and upwards long, winged Leavs, made of sundry broad, sappy, and round Leavs, of a brownish green color. The flowers are many and standing on long Footstalks, after which come smal yellow Seed, contained in smal long pods like Horns: The whol Plant abideth green in the winter, and tasteth somewhat hot and sharp.

Place.] They grow (for the most part) in the smal standing Waters, yet sometimes in smal Rivulets of running Water.

Time.] They Flower and Seed in the beginning of Summer.

Government and Vertues.] It is an Herb under the Dominion of the Moon. They are more powerful against the Scurvy, and to cleanse the Blood and Humors than Brooklime is, and serve in all the other uses in which Brooklime is available, as to break the stone, and provoke Urin, and Womens Courses. The Decoction thereof cleanseth Ulcers by washing them therewith. The Leavs bruised, or the Juyce, is good to be applied to the Face, or other parts troubled with Freckles, Pimples, Spots, or the like, at night, and washed away in the morning. The Juyce mixed with Vinegar, and the fore part of the Head bathed therewith, is very good for those that are dull and drousie, or have the Lethargy.

Usage.] Water-cress Pottage is a good Remedy to cleanse the Blood in the Spring, and help Headaches, and consume the Humors Winter hath left behind, those that would live in health may use it if they please, if they will not I cannot help it: If any fancy not Pottage, they may eat the Herb as a Sallat.

Croswort.

Descript.] **T**He common Croswort groweth up with square hairy brown Stalks, little above a foot high, having four smal broad pointed hairy, yet smooth green Leavs, growing at every joynt, each a little other, crook waies, which hath caused the name: Toward the tops of the Stalks at the Joynts with the Leavs in three or four rows upwards, stand pale yellow Flowers; after whith come smal blackish, round Seed; for the most part set in every Husk. The Root is very smal and full of fibres, taking good hold of the ground, and spreading with the roots a great deal of ground, which perish not in Winter, although the tops die every year, and spring again anew.

Place

Place.] It groweth in many moist grounds, as wel Meadows, as un-
places about London. In *Hansted Church-yard*, at *Wye in Kent*, and
dry other places.

Time.] It flowreth from *May* al the Summer long in one place or oth-
as they are more open to the Sun; the Seed ripeneth soon after.

Government and Vertues.] It is under the Dominion of *Saturn*. This is a singular good Wound Herb, and is used
inward & outwardly, not only to stay bleeding of Wounds, but to consolidate
outward, them, as it doth outwardly any green Wounds, which it quick-
flegm, & bodereth up and healerth. The Decoction of the Herb in Wine
frustions, helpeth to expectorate flegm out of the Chest, and is good
Stomach, Obstructions in the Breast, Stomach, or Bowels, and helpeth
Bowels, decayed Appetite; It is also good to wash any Wound or So-
Ruptures. with, to cleanse and heal it: The Herb bruised, and then bo-
led and applied outwardly for certain daies together, renewing
it often, and in the mean time, the Decoction of the Herb in the Wine
taken inwardly every day, doth certainly cure the Rupture in any, so as
be not too inveterate; but very speedily if it be fresh and lately taken.

Crowfoot.

MAny are the Names this furious biting Herb hath obtained, almost e-
nough to make up a Welch-mans Pedegree, if he fetch it no further
than *John of Gaunt* or *William the Conquerer*, for it is called *Frogs-foot*
from the Greek Name *βατραχίου*, Crowfoot, Gold Knobs, Gold Cups,
King Kob, Bassinets, Troll Flower, Polts, Locker Goulons, and Butter
Flowers.

Abundance are the sorts of this Herb, that to describe them all would
tire the patience even of *Socrates* himself; but because I have not yet attained
to the Spirit of *Socrates*, I shall but describe the most usual.

Descript.] The most common Crowfoot hath many dark green Leaves
cut into divers parts, in tast biting and sharp, biting and blistering the
Tongue, it bears many Flowers, and those of a bright resplendent yellow
color, I do not remember that ever I saw any thing yellower, Virgins in
Ancient time used to make Pouder of them to strew Bride Beds: after
which flowers come smal Heads of Seeds, round, but rugged like a Pine
Apple.

Place.] They grow very common every where, unless you run your
Head into a Hedge, you cannot but see some of them where ever you walk.

Time.] They flower in *May* and *June*, even til *September*.

Government and Vertues.] This fiery and hot spirited Herb of *Mars*
is no way fit to be given inwardly; but an Oyntment of the Leaves or flo-
wers wil draw a Blister, and may so be fitting applied to the nape of the
Neck to draw back Rheum from the Eyes: the Herb being bruised and
mixed with a little Mustard, draws a Blister as well and as perfectly as *Cantharides*,
and with far less danger to the Vessels of Urin, which *Canthari-*
des naturally delight to wrong; I knew the Herb once applied to a Pesti-
lential

...rising that was falling down, and it saved life even beyond hope; it
...were good keeping an Oynment and Plaister of it if it were but for that.

Cuckowpint.

It is called Aron, Jarus, and Barba-aron, Calves-foot, Ramp, Starch-
wort, Cuckoo-pintle, Priest-pintle, and Wake-robin.

Decript.] This shooteth forth three, four, or five Leavs at the most, from
the Root, every one whereof is somewhat large and long, broad at the bottom
near the Stalk, and forked, but ending in a point, without cut on the edges,
of a full green color, each standing upon a thick round stalk, of a hands
breadth long, or more: among which after two or three months that they be-
gin to wither, riseth up a bare, round, whitish green stalk, spotted and stra-
wed with purple, somewhat higher than the Leavs: at the top whereof stan-
deth a long hollow Huse or Husk, close at the bottom, but open from the mid-
dle upwards ending in a point; in the middle whereof standeth a smal long
Pistle or Clapper, smaller at the bottom than at the top, of a dark purple co-
lor as the Husk is on the inside, though green without; which after it hath
so abidden for some time, the Husk with the Clapper decayeth, and the foot
at bottom thereof groweth to be a smal long Bunch of Berries, green at the
first, and of a yellowish red color when they are ripe, of the bigness of an Ha-
zel Nut Kernel; which abideth thereon almost until winter; The Root is
round and somewhat long, for the most part lying along, the Leavs shooting
forth at the bigger end, which when it beareth his Berries is somewhat wrin-
kled and loof, another growing under it, which is so solid and firm
with many smal thrids hanging thereat: The whol Plant is of a very sharp
biting tast, pricking the Tongue as Nettles do the Hands, and so abideth for
a great while without alteration: The Root hereof was anciently used in-
stead of Starch, to starch Linnen withal.

There is another sort of Cuckoopint, with lesser Leavs than the former, and
somewhat harder, having blackish spots upon them, which for the most part
abide longer green in Summer than the former; and both Leavs and Roots
are more sharp and fierce than it: In all things else it is like the former.

Place.] These two sorts grow frequently almost under every Hedge in
many places of this Land.

Time.] They shoot forth Leavs in the Spring, and continue but until
the middle of Summer, or somewhat later, their Husks appearing before
they fall away; and their fruit shewing in August.

Government and Vertues.] It is under the Dominion of Mars. Tragus
reporteth that a dram weight, or more if need be, of the spotted Wake-Ro-
bin, either fresh and green, or dried, being beaten and taken, is
a most present and sure Remedy for Poyson and the Plague.
The Joyce of the Herb taken to the quantity of a spoonful hath
the same effect. But if there be a little Vinegar added thereun-
to as well as unto the Root aforesaid, it somewhat allayeth the
sharp biting tast thereof upon the Tongue. The green Leavs
brulled, and laid upon any boyl or Plague-fore, doth wonderful-
ly

Poyson,
Plague,
Boyl,
Difficuly,
of breath,
Cough,

ly help to draw forth the Poyson: A dram of the Poulder of the dried Root taken with twice so much Sugar in the form of a licking Electuary, or the green Root doth wonderfully help those that are purse and short winded, also those that have a Cough; it breaketh, digesteth, and rideth away Flegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boiled is effectual also for the same purpose. The said Poulder taken in Wine or other Drink, or the Juyce of the Berries, or the Poulder of them, or the Wine wherein they have been boyled, provoketh Urine, and bringeth down Womens Courses, and purgeth them effectually after Child-bearing to bring away the After-birth. Taken with Sheeps Milk it healeth the inward Ulcers of the Bowels. The distilled Water hercof is effectual to al the purposes aforesaid; A spoonful taken at a time healeth the Itch, and an ounce or more taken at a time for some daies together doth help the Rupture: The Leavs either green or dry, or the Juyce of them, doth cleanse al manner of rotten and filthy Ulcers in what part of the Body soever, and healeth the stinking sores in the Nose called Polipus. The Water wherein the Root hath been boyled dropped into the Eyes, cleanseth them from any Film or Skin, Clouds or Mists which begin to hinder the Sight, and helpeth the watering or redness of them; or when by some chance they become black and blue. The Root mixed with Bean Flower and applied to the Throat or Jaws that are inflamed, helpeth them. The Juyce of the Berries, boyled in Oyl of Roses, or beaten into Poulder and mixed with the Oyl, and dropped into the Ears, easeth pains in them. The Berries or the Roots beaten with hot Ox Dung, and applied, easeth the pains of the Gout. The Leavs and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament easeth them; and so doth sitting over the hot fumes thereof. The fresh Roots bruised, and distilled with a little Milk, yieldeth a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots, or Blemishes whatsoever therein.

Authors have left large Commendation of this Herb you see, but for my part I have neither spoken with Dr. Reason nor Dr. Experience about it.

Cucumers, Or, (according to the pronounciation of the vulgar) Cowcumbers.

Goverment
& Vertues.]

Stomach hot,
Liver hot,
Humors raw,

There is no dispute to be made, but that they are under the Dominion of the Moon, and though they are so much cryed out against for their coldness, and that if they were but one degree colder they would be Poyson, the best of Galenists hold them but to be cold and moist in the second degree, and then not so hot as either Lettice or Purslain.

cleanseth,
Hot Rheums
in the Eyes;
provokes urin,
and cleanse the
passages,
Ulcers in the
Bladder,
Red Face,
Sunburning,
Freckles,
Morphew.

slain : They are excellent good for hot Stomachs and hot Livers ; the unmeasurable use of them fills the Body full of raw humors, and so indeed the unmeasurable use of any thing else do harm : The Juyce of Cucumers, the Face being washed with it, cleanseth the Skin, and is excellent good for hot Rheums in the Eyes ; the Seed is excellent to provoke Urine, and cleanse the passages thereof when they are stopped ; neither do I think there is a better Remedy for Ulcers in the Bladder growing than Cucumers are : The usual course is to use the Seeds in Emulsions, as they make Almond Milk ; but a better way far (in my opinion) is this, when the season of the year is, To take the Cucumers and bruise them well, and distil the Water from them, and let such as are troubled with Ulcers in their Bladders drink no other drink ; The Face being washed with the same Water, cureth the reddest face that is ; it is also excellent good for Sunburning, Freckles, and Morphew.

Daisies.

These are so well known to almost every Child, that I suppose it is altogether needless to write any Description of them. Take therefore the Vertues of them as followeth.

Government and Vertues.] The Herb is under the Sign *Cancer*, and under the Dominion of *Venus*, and therefore excellent good for wounds in the Breast, and very fitting to be kept both in Oyls, Oyntments, and Plaisters, as also in Syrup. The greater wild Daisie is a Wound Herb of good respect, often used in those Drinks or Salves that are for Wounds, either inward or outward. The Juyce or Distilled Water of these, or the smal Daisies, doth much temper the heat of Choller, and refresheth the Liver, and other inward parts. A Decoction made of them and drunk, helpeth to cure the Wounds made in the hollownes of the Breast : The same also cureth all Ulcers and Pustles in the Mouth or Tongue, or in the secret parts. The Leavs bruised and applied to the Cods, Swellings, or to any other parts that are swollen and hot, doth dissolve it and temper the heat : A Decoction made hereof with Walwort and Agrimony, and the places fomented or bathed therewith warm, giveth great ease to them that are troubled with the Palsey, Sciatica, or the Gout : The same also disperseth and dissolveth the Knots or Kernels that grow in the Flesh of any part of the Body, and the Bruises and Hurts that come of Fals and Blows : They are also used for Ruptures, and other inward Burnings with very good success. An Oyntment made hereof doth wonderfully help all Wounds that have Inflammations about them, or by reason of moist humors having access unto them, are kept long from healing, and such are those for the most part that happen in the Joynts of the Arms or Legs. The Juyce of them dropped into the running Eyes of a child doth much help them.

Daisies

Dandelyon, vulgarly called Piss-a-beds.

Descript.] **T**His is so wel known to have many long and deeply gashed Leavs lying on the ground, round about the Head of the Root; the ends of each gash or jag on both sides, looking downwards towards the Root, the middle rib being white, which broken, yieldeth a bundance of bitter Milk, but the Root much more: from among the Leavs which alwaies abide green, arise many slender, weak, naked footstalks, every one of them bearing at the top one large yellow Flower, consisting of many rows of yellow Leavs, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green Husk wherein the Flower stood, turneth it self down to the Stalk, and the head of Down becometh as round as a Ball, with long reddish Seed underneath, bearing a part of the Down on the Head of every one, which together is blown away with the wind, or may be at once blown away with ones mouth. The Root groweth downwards exceeding deep, which being broken off within the ground, wil notwithstanding shoot forth again; and wil hardly be destroyed where it hath once taken deep Root in the ground.

Place.] It groweth frequent in al Meadows and Pasture grounds.

Time.] It Flowreth in one place or other almost al the yeer long.

Government and Vertues.] It is under the Dominion of *Jupiter*. It is of an opening and clensing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondrical passion: It wonderfully openeth the passages of the Urin both in yong and old: It powerfully clenseth Aposthumes, and inward in the Uritory Passages, and by the drying and temperate quality doth astewards heal them; for which purpose the Decoction of the Roots or Leavs in white Wine, or the Leavs chopped as Potherbs with a few Allisanders, and boyled in their broth, is very effectual. And whoso is drawing towards a consumption, or an evil disposition of the whol Body called *Cachexia*, by the use hereof for some time together shal find a wonderful help: It helpeth also to procure rest and sleep to Bodies distempered by the heat of Ague Fits, or otherwise. The distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

You see here what Vertues this common Herb hath, and that's the reason the French & Dutch so often eat them in the Spring; and now if you look a little further you may see plainly without a pair of Spectacles, that Forraign Physicians are not so selfish as ours are. but more communicative of the Vertues of Plants to People.

Darnel.

IT is also called Juray, and Wray; in *Sussex* they call it Crop, it being a pestilent Enemy amongst Corn.

Descript.

Descript.] This hath all the Winter long, sundry long, fat, and rough leavs, which when the Stalk riseth, which is slender and joynted, are narrower, but rough stil; on the top groweth a long spik, composed of many heads, set one above another, containing two or three Husks with sharp, short Beards or awns at the ends; the Seed is easily shaked out of the ear, the Husk it self being somewhat tough.

Place.] The Country Husbandmen do know this too wel to grow among their Corn: or in the Borders and Pathwaies of other Fields that are fallow.

Government and Vertues.] It is a malicious Plant of sullen Saturn. As it is not without some Vices, so hath it also many Vertues.

Gangrenes The Meal of Darnel is very good to stay Gangrenes, and other
Cankers, such like fretting and eating Cankers, and putrid Sores: It also
leprosie, clenseth the Skin of al leprosy, Morphews, Ringworms, and the
Morphew, like, if it be used with Salt and Rhadish Roots. And being u-
Ring- sed with quick Brimstone and Vinegar, it dissolveth Knots and
worms, Kernels, and breaketh those that are hard to be dissolved, being
Sciatica, boyled in Wine with Pidgeons Dung and Linseed: A Deco-
Thorns, ction therof made with Warer and Honey, and the place bathed
Splinters, therewith, is profitable for the Sciatica. Darnel Meal applied
broken in a Pultis, draweth forth Splinters and broken Bones in the
Bones, Flesh: The red Darnel boyled in red Wine and taken, stayeth
Diabets. the Lask and al other fluxes, and Womens bloody Issues; and restraineth Urin that passeth away too suddenly.

Dill.

Descript.] The common Dill groweth up with seldom more than one Stalk, neither so high, nor so great usually as Fennel, being round, and with fewer Joynts thereon, whose Leavs are sadder, and somewhat long, and so like Fennel that it deceiveth many; but harder in handling and somewhat thicker, and of a stronger unpleasanter scent: The tops of the Stalks have four Branches and smaller Umbels of yellow flowers, which turn into smal Seed somewhat flatter and thinner than Fennel Seed. The Root is somewhat smal and woody, perishing every yeer after it hath born Seed; and is also unprofitable, being never put to any use.

Place.] It is most usually sown in Gardens, and grounds for the purpose, and is also found wild with us in some places.

Government and Vertues.] Mercury hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain. The Dill being boyled and drunk is good to eas Swellings and pains, it also stayeth the Belly, and Stomach from casting: The Decoction thereof helpeth Women that are troubled with the pains and windiness of the Mother, if they sit therein. It stayeth the Hiccough, being boyled in Wine, and but smelled unto, being tied in a cloth. The Seed is of more use than the Leavs, and more effectual to digest raw and viscuos humors, and is used in Medicines

Wind, dicines that serve to expel wind and the pains proceeding therefrom. The Seed being toasted or fried, and used in Oyls
Apostums, from. The Seed being toasted or fried, and used in Oyls
ulcers, Plaisters, dissolveth the Imposthumes in the Fundament, and
Terms drieth up all moist Ulcers (especially in the secret parts.) The
provokes. Oyl made of Dill is effectual to warme, to resolve Humors in
 Imposthums, to ease pains and to procure rest. The Decoction
 of Dill be it Herb or Seed (only if boyl the Seed you must bruise it)
 white Wine, being drunk is a gallant expeller of Wind and provoker of
 Terms.

Devils-bit.

Descript.] **T**His riseth up with a round, green, smooth stalk, about two
 foot high, set with divers long, and somewhat narrow
 smooth, dark, green Leavs, somewhat snip'd about the edges for the most part
 being else al whol and not divided at al, or but very seldom, even to the top
 of the Branches which yet are smaller than those below, with one Rib
 in the middle: At the end of each Branch standeth a round Head of many
 Flowers set together in the same manner or more neatly than the Scabious
 and of a more blewish purple color; which being past there followeth
 that falleth away. The Root is somewhat thick, but short and
A Learned blackish with many strings, abiding after Seed time many years.
Tale that This Root was longer until the Devil (as the Fryars say) bit
cost a dull way the rest of it for spight, envying its usefulness unto Man.
Fryar si- kind. For sure he was not troubled with any Disease for which
ven yeers it is proper.
study. There are two other sorts hereof, in nothing unlike the former,
 mer, save that the one beareth white, and the other Blush
 lot'd Flowers.

Place.] The first groweth as wel in dry Meadows and Fields, as moist
 many places of this Land: But the other two are more rare, and hard to meet
 with, yet they are both found growing wild about Appledore, near Rye
 Kent.

Time.] They flower not usually until August.

Government and Vertues.] The Plant is Venerial, pleasing and harmless.
 The Herb or Root (al that the Devil hath left of it) being
Pestilence, Fea- boyled in Wine and drunk is very powerful against the
vers, Poyson, Plague, and al Pestilential Diseases or Feavers, Poysons
Venemous so and the bitings of Venemous Beasts: It also helpeth
Beasts, Bruises, those that are inwardly bruised by any casualty, or outwardly
Fals, Clotted ly by fals or blows, dissolving the clotted blood: and the
Blood, Swell- Herb or Root beaten and outwardly applied, taketh away
lings of the the black and blue Marks that remain in the Skin. The
Throat, Mo- Decoction of the Herb, with Honey of Roses put thereto
ther, Wind, is very effectual to help the inveterate tumors and swelling
Worms, Wounds of the Almonds and Throat, by often gargling the Mouth
Scurf, Itch, therewith. It helpeth also to procure Womens Courses.

Andris, Pimples, Freckles, Morpew. and easeth all pains of the Mother, and to break and dis-
cuss Winds therein and in the Bowels. The Pouder of the
Root taken in Drink, driveth forth the Worms in the Bo-
dy: The Juyce or distilled Water of the Herb is effectual
for green Wounds, or old Sores, and clenseth the Body inwardly, and the
seed outwardly, from Sores, Scurf, Itches, Pimples, Freckles, Morpew,
or other deformities thereof, but especially if a little Vitriol be dissolved
therein.

Dock.

THese are so wel known many kinds of them, that I shal not trouble you
with a Description of them; my Book grows big too fast.

Government and Vertues.] All Docks are under *Jupiter*; of
which the red Dock which is commonly called Bloodwort, clen-
seth the Blood, and strengtheneth the Liver; but the yellow
Dock Root is best to be taken when either the Blood or Liver
is afflicted by Choller. All of them have a kind of cooling
(but not all alike) drying quality, the Sorrels being most cold,
and the Bloodworts most drying: Of the Bur-Dock I have
spoken already by himself. The Seed of most of the other kinds
whether of the Garden or Field, do stay Lasks or Fluxes of al
sorts, the loathings of the stomach through Choller, and is help-
ful to those that spit Blood. The Roots boyled in Vinegar hel-
peth the Itch, Scabs, and breakings out of the Skin, if it be ba-
thed therewith. The Distilled Water of the Herb and Roots
hath the same Vertue, and clenseth the Skin of Freckles, Mor-
pewes, and al other Spots and Discolorings therein.

Al Docks being boyled with meat, make it boyled the sooner:
Beside Bloodwort is exceeding strengthening to the Liver, and procures
good Blood, being as wholsom a Pot-Herb as any grows in a Garden, yet
such is the nicity of our times forsooth, that Women wil not put it in the
Pot because it makes the Portage black, Pride and Ignorance (a couple of
Monsters in the Creation) preferring Nicity before Health.

Dodder of Time, or Epithimum, and other Didders.

Descript.] **T**His first from Seeds giveth Roots in the ground, which
shooteth forth thrids or strings, grosser or finer, as the pro-
perty of the Plant wherein it groweth, and the Climate doth suffer, creeping
and spreading on that Plant whereon it fastneth, be it high or low. These
strings have no Leavs at all upon them, but wind and interlace themselves so
thick upon a smal Plant that it taketh away all comfort of the Sun from it,
and is ready to choak, or strangle it: After these strings are risen up to that
height that they may draw Nowishment from the Plant, they seem to be
broken off from the ground, either by the strength of their rising, or withered
by the heat of the Sun. upon these strings are found clusters of smal Heads

or Husks, out of which start forth whitish Flowers, which afterwards grow small pale color'd Seed somewhat flat, and twice as big as Poppy seed. It generally participates of the Nature of that Plant which it climbeth upon, but the Dodder of Time is accounted the best, and is the only true Epithimum.

Government and Vertues. Al Didders are under Saturn, Tel not many of Physitians crying up Epithimum, or that Dodder which grows upon Time (most of which comes from Hymettus in Greece, or Hibla in Sicilia, because those Mountains abound with Time) he is a Physitian indeed that hath wit enough to chuse his Dodder according to the nature of the Disease, and Humor peccant: We confess, Time is the hottest Herb it usually grows upon, and therefore that which grows upon Time is hotter than that which grows upon colder Herbs, for it draws Nourishment from what it grows upon as well as from the Earth where its Root is; & thus you see old Saturn will

enough to have two strings to his Bow. This is accounted the most effectual for Melanchollick Diseases, and to purge black or *Melan-* burnt Choller, which is the caus of many Diseases of the Head *wholly, Ad-* and Brains, as also for the trembling of the Heart, faintings, *dust Chol-* and swoonings. It is helpful in al Diseases and Grievs of the *ter, trem-* Spleen, and of that Melancholly that ariseth from the windiness of the *bling, faint-* Hypochondria. It purgeth also the Reins or Kidnies *ting,* by Urin. It openeth Obstructions of the Gall, wherby it profiteth them that have the Jaundice; as also of the Liver and *Swooning,* Spleen; purging the Veins of Chollerick and Flegmatick Humors, and helpeth Childrens Agues, a little Wormseed being *Spleen,* put thereto. *Hypochon-* *dria,* *Obstruction,* *Gall,* *Jaundice,* *Liver,* *Disury.*

The other Didders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West Country, hath by experience been found very effectual to procure plenty of Urin, where it hath been stopped or hindred. And so of the rest.

Sympathy and Antipathy, are the two Hinges upon which the whol Model of Physick turns, and that Physitian which minds them not is like a Door off from the Hooks, more likely to do a man a mischief than to secure him: then al the Diseases Saturn causeth, this helps by Sympathy, and strengthens al the parts of the Body he rules: Such as caused by Sol it helps by Antipathy: what those Diseases are, see my Judgment of Diseases by Astrology, and you be pleased to look the Herb Wormwood, you shal find a Rational way for it.

Dogs-Grass, Quich-Grass, Or, Couch-Grass.

Descript.] IT is well known that this Grass creepeth far about under ground with long white joynted Roots, and smal fibres almost at every Joynt very sweet in tast, as the rest of the Herb is, and interlacing one another, from whence shoot forth many fair long grassy Leavs. smal at the

ends, and cutting or sharp on the edges. The Stalks are joynted like
 with the like Leavs on them, and a long spiked Head with long Husks
 them, and hard rough Seed in them. If you know it not by this Descrip-
 tion, watch the Dogs when they are sick, and they will quickly lead you to

Place.] It groweth commonly through this Land in divers ploughed
 grounds, to the no smal trouble to the Husbandman, as also of the Gardi-
 ners in Gardens to weed it out if they can, for it is a constant Customer
 to the place it gets footing in.

Government and Vertues.] 'Tis a gentle Remedy under the Dominion
 of Jupiter. This is the most Medicinable of al the Quich-grasses: Being
 boyled and drunk, it openeth Obstructions of the Liver and
 Gall, and the stoppings of the Urin, and easeth the griping
 pains of the Belly, and Inflammations; wasteth the matter of the
 stone in the Bladder, and the Ulcers therof also: The Roots
 bruised and applied doth consolidate Wounds: The Seed doth
 more powerfully expel Urin, and stayeth the Lask, and Vomi-
 tings: The distilled Water alone, or with a little Wormseed
 killeth the Worms in Children.

The way of use is to bruise the Roots, and having wel boyled
 them in white Wine, drink the Decoction; 'tis opening, but
 not purging very safe; 'tis a Remedy against al Diseases coming
 of stopping, & such are half those which are incident to the Body
 of man; and although a Gardiner be of another opinion, yet
 a Physitian holds half an Acre of them to be worth five Acres of
 Carrots twice told over.

Dovesfoot, or Cranesbil.

Descript.] **T**His hath divers smal, round, pale, green Leavs, cut in a-
 bout the edges, much like Mallows, standing upon long, red-
 dish hairy stalks lying in a round compas upon the ground; among which
 rise up two or three, or more, reddish, joynted, slender, weak, and hairy
 Stalks, with some such like Leavs thereon, but smaller, and more cut in up
 to the tops, where grow many very smal, bright, red Flowers of five Leavs
 apiece; after which follow smal Heads, with smal short beaks pointing
 forth, as all other sorts of these Herbs do.

Place.] It groweth in Pasture grounds, and by the Path sides in many
 places, and wil also be in Gardens.

Time.] It flowreth in June, July, and August, some earlier, and some
 later, and the Seed is ripe quickly after.

Government and Vertues.] It is a very gentle, though Martial Plant:
 It is found by experience to be singular good for the Wind
 Chollick, Chollick, and pains thereof, as also to expel the stone and gra-
 vel in the Kidnies. The Decoction thereof in Wine is an ex-
 ceeding good wound Drink for those that have inward Wounds,
 Hurts, or Bruises, both to stay the Bleeding, to dissolve and ex-
 pel

Congealed Blood, pel the congealed Blood, and to heal the parts, as also to de-
Sores, Ulcers, and heal outward Sores, Ulcers, and Fistulaes; and for gre-
Fistulaes, Wounds many do bur bruise the Herb, and apply it to the place
Gout, Sinews, and it healeth them quickly. The same Decoction in Wine
Ruptures. mented to any place pained with the Gout, or to Joynt-aches,
 pain of the Sinews giveth much ease. The Pouder, or Deco-
 ction of the Herb taken for some time together, is found by ex-
 perience to be singular good for Ruptures, and Burstings in Peo-
 ple, either yong or old.

Ducks=meat.

THis is so wel known to swim on the top of standing Waters, as Ponds
 Pools, and Ditches, that it is needless further to describe it.

Government and Vertues.] Cancer claims the Herb, and the Moon will
 be Lady of it; a word is enough to a wise man. It is ef-
Inflamations, fectual to help Inflamations, and St. Anthonies fire, as a-
St. Anthonies so the Gout, either applied by it self, or in a Pulvis with Bar-
fire, pestilence, ly Meal. The distilled Water hereof is by some highly e-
Eyes, Swel- steemed, against al inward Inflamations, and Pestilent Fe-
lings of the vers; as also to help the redness of the Eyes, the Swelling
Cods, Head- of the Cods, and of the Breasts before they be grown too
ach. much. The fresh Herb applied to the Forehead, ease the
 Pains of the Head-ach coming of heat.

Down, or Cotton-Thistle.

Descript.] **T**His hath many large Leavs lying on the ground, somewhat
 cut in, and as it were crumpled on the edges, of a green
 color on the uper side, but covered with a long hairy wool, or Cottony Down,
 set with most sharp, and cruel prickes; from the middle of whose Heads of
 Flowers, thrust forth many purplish, crimson Treds, and sometimes (although
 more seldom) white ones. The Seed that followeth in these Heads, lying in a
 great deal of fine white Down is somewhat large, long, and round, like the Seed
 of Ladies Thistle, but somewhat paler. The Root is great and thick, spread-
 ing much, yet it usually dieth after Seed time.

Place.] It groweth on divers Ditches Banks, and in the Corn Fields, and
 High-waies generally every where throughout the Land.

Time.] It Flowreth and beareth Seed about the end of Summer, when o-
 ther Thistles do Flower and Seed.

Government and Vertues.] Mars owns the Plant, and manifests to the
 World, That though it may hurt your Fingers it wil help your Body, for
 I fancy it much for these ensuing Vertues. Pliny and Dioscorides write,
 That the Leavs and Roots hereof taken in Drink, helpeth those
 wry Neck, that have a Crick in their Neck, whereby they cannot turn
 their Neck but their whol Body must turn also (sure they do
 not mean those that have got a Crick in their Neck by being under the
 Hangmans hands.) Galen saith that the Root and Leavs hereof are of an
 heating

heating quality, and good for such persons as have their Bodies drawn together by some Spasme or Convulsion; as it is with Children that have the Rickets, or rather (as the Colledge of Physicians wil have it) the *Rachites*, for which name for the Disease, they have (in a particular Treatise lately set forth by them) Learnedly Disputed, and put forth to the publick view, that the World may see they took much pains to little purpose.

Dragons.

They are so wel known to every one that plants them in their Gardens, they need no Description; if not, let them look down towards the lower end of the stalk, and see how like a Snake they look.

Government and Vertues.] The Plant is under the Dominion of *Mars*, and therefore it would be a wonder if it should want some obnoxious quality or other: in al Herbs of that quality, the safest way is either to distil the Herb in an Alembick, in what Vehcle you please, or else to press out the Juyce, and Distil that in a Glass Stil in Sand, it scoureth and clenseth the internal parts of the Body mightily, and so it doth the external parts also, being externally applied from Freckles, Morpew, and Sunburning: your best way to use it externally, is to mix it with Vinegar: an Oyntment of it is held to be good in Wounds and Ulcers, it consumes Cankers, and that flesh growing in the Nostrils, which they call Polipus. Also the distilled Water being dropped into the Eyes, takes away spots there, as also Pin and Web, and amends the dimnells of sight; it is excellent good against the Pestilence and Poysons. *Pliny* and *Dioscorides* affirm that no Serpent will meddle with him that carries this Herb about him.

Scoureth,
Clenseth, freckles, Morpew, Sunburning, Wounds, ulcers, Cankers, Polipus, spots in the Eyes, Pin and Web, sight belpeth, Pestilence, poyson, Venemous Beasts,

The Elder-Tree.

I Hold it needless to write any Description of this, sith every Boy that plaies with a Potgun, wil not mistake another Tree instead of Elder. I shal therefore in this place only describe the Dwarf Elder, called also Danc-wort, and Wal-wort.

The Dwarf Elder.

Descript.] **T**his is but an Herb, every yeer dying with his Stalks to the ground, and rising again afresh every Spring; and is like unto the Elders both in form and quality, rising up with a four square rough hairy Stalk, four foot high, or more somtimes. The winged Leavs are somewhat narrower than the Elder, but els very like them. The Flowers are white with a dash of purple, standing in umbels, very like the Elder also, but more sweet in scent, after which come smal blackish Berries, full of juyce while they are fresh, wherein there lie smal hard Kernels or Seed. The Root

doth creep under the uper crust of the ground, springing afresh in divers places being of the bigness of ones finger or thumb sometimes.

Place.] The Elder Tree groweth in Hedges, being planted there strengthen the Fences, and Partitions of Grounds, and to hold up the Banks by Ditches, and Water-courses.

The Dwarf Elder groweth wild in many places of England, where being once gotten into a ground it is not easily gotten forth again.

Times.] Most of the Elder Trees Flower in June, and their Fruit is ripe for the most part in August.

But the Dwarf Elder, or Walwort flowreth somewhat later, and his fruit is not ripe until September.

Government and Vertues.] Both Elder and Dwarf Elder are under the Dominion of Venus. The first Shoots of the common Elder boyled like

Asparagus, and the yong Leavs and Stalks boyled in fat Broth, doth mightily carry forth Flegm and Choller. The middle or inward Bark boyled in Water, and given to drink, worketh much more violently; and the Berries either green or dry, expel the same Humors, and is often given with good success to help the Dropsie. The Bark of the Root boyled in Wine, or the Juyce therof drunk, worketh the same effects, but more powerfully than either the Leavs or Fruit. The Juyce of the Root taken doth mightily provoke Vomit, and purgeth the watry humors of the Dropsie. The Decoction of the Root taken, cureth the biting of the Adder, and biting of mad dogs; it mollifieth the hardness of the Mother, if Women sit therein, and openeth the Veins, and bringeth down their Courses: The Berries boyled in Wine performeth the same effect; and the hair of the Head washed therewith is made black. The Juyce of the green Leavs applied to the hot inflammations of the Eyes, asswageth them. The Juyce of the Leavs snuffed up into the Nostrils, purgeth the Tunicles of the Brain. The Juyce of the Berries boyled with a little Honey, and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk provoketh Urin. The distilled Water of the Flowers is of much use to cleer the Skin from Sunburning, Freckles, Morpew, or the like; and taketh away Headaches coming of a cold cause, the Head being bathed therewith. The Leavs or Flowers distilled in the Month of May, and the Legs often washed with the said distilled Water it taketh away the Ulcers and Sores of them: The Eyes washed therewith, it taketh away the redness and Bloodshot: And the Hands washed morning and evening therewith, helpeth the Palsey, and shaking of them.

The Dwarf Elder is more powerful than the Common Elder, in opening and purging Choller, Flegm, and Water, in helping the Gout, Piles, and Womens Diseases, coloreth the hair black, helpeth inflammation in the Eyes, and pains in the Ears;

Ears, the biting of Serpents, or a mad dog, Burnings and Scaldings, the wind Chollick, Chollick and Stone, the difficulty of Urin, the cure of old Sores, and Fistulous Ulcers.

Either Leavs or Bark of Elder stripped upwards as you gather causeth Vomiting, but stripped downward, it purgeth downwards. Also Butler in a Manuscript of his commend Dwarf Elder to the Sky for dropsies, viz. To drink it being boyled in white Wine, to drink the Decoction I mean, not the Elder.

The Elm Tree.

THis Tree is so wel known, growing generally in al Countries of this Land; that it is needless to describe it.

Government and Vertues.] It is a cold and Saturnine Plant. The Leavs hereof bruised, and applied, healeth green wounds being bound thereon with its own Bark: The Leavs or the Bark used with Vinegar, cureth Scurf, and Leprosy very effectually: The Decoction of the Leavs, Bark, or Root, being bathed, healeth broken Bones. The Water that is found in the Bladders on the Leavs, while it is fresh, is very effectual to cleanse the Skin and make it fair: and if cloaths be often wet therein, and applied to the Ruptures of Children it helpeth them, if they be after wel bound up with a Truss. The said Water put into a glass, and set in the Ground, or els in Dung for twenty five daies, the mouth therof being close stopped; and the bottom set upon a lay of ordinary Salt, that the Feces may settle and Water become very cleer, is a singular and Sovereign Balm for green Wounds, being used with soft tents: The Decoction of the Bark of the Root fomented mollifieth hard tumors, and the shrinking of the Sinews. The Roots of the Elm boyled for a long time in Water, and the fat rising on the top thereof being clean skimmed off, and the place anointed therewith that is grown bald, and the Hair fallen away, wil quickly restore them again. The said Bark ground with Brine and Pickle, until it come to the form of a Pultis, and laid on the place pained with the Gout, giveth great eas. The Decoction of the Bark in Water is excellent to bath such places as have been burned with fire.

Endive.

Describe.] **T**He common Garden Endive beareth a longer and a larger Leaf than Succory, and abideth but one yeer, quickly running up to Stalk and Seed, and then perisheth: It hath blue Flowers, and the Seed of the ordinary Endive is so like Succory Seed, that it is hard to distinguish them.

Government and Vertues.] It is a fine cooling, cleansing Jovial Plant. The Decoction of the Leavs, or the Jayce, or the distilled Water of Endive serveth

Liver, serveth wel to cool the excessive heat in the Liver and Stomach,
Stomach, and in the hot fits of Agues, and al other Inflammations in
Agues, part of the Body; it cooleth the heat and sharpness of the
Sarpness rine, the Excoriations in the Uritory parts: The Seed is of the
of Urine, same property or rather more powerful, and besides is available
and Exco- for the faintings, swoonings, and passions of the Heart. Out
riations wardly applied they serve to temper the sharp Humors of fre
thereby, ting Ulcers, hot Tumors and Swellings, and Pestilential sores
Passion of and wonderfully helpeth not only the redness and inflammation in
the heart, the Eyes, but the dimness of the Sight also: They are also use
Ulcers, to allay the pains of the Gout.
Swellings, You cannot use it amiss; a Syrup of it is a fine cooling Medi
Eyes, gout. cine for Feavers. See the end of this Book, and the Eng. Diss.

Elecampane.

Descript.] **T**His shooteth forth many large Leavs, long, and broad, lying
 neer the ground, smal at both ends, somewhat soft in hand-
 ling, of a whitish green on the uper side, and gray underneath, each set up
 on a short footstalk; from among which rise up divers great, and strong bar-
 ry stalks, three or four foot high; with some Leavs thereupon compassing them
 about at the lower ends, and are branched toward the tops, bearing divers
 great and large Flowers like those of the Corn Marigold, both the Border of
 Leavs and the middle thrum being yellow, which turn into Down, with
 long, smal, brownish Seed among it, and is carried away with the wind.
 The Root is great and thick, branched forth divers waies, blackish on the
 outside, and white within, of a very bitter tast, and strong, but good scent,
 especially when they are dried, no part else of the Plant having any smel.

Place.] It groweth in the moist Grounds, and shadowy place, oftner than
 in the dry and open Borders of Fields and Lanes, and in other wast places
 almost in every Country of this Land.

Time.] It flowreth in the end of June and July, and the Seed is ripe in
 August: The Roots are gathered for use, as wel in the Spring before the
 Leavs come forth as in Autumn or Winter.

Government and Vertues.] It is a Plant under the Dominion of Mer-
 cury. The fresh Roots of Elecampane preserved with Sugar, or made into
 a Syrup or Conserve, are very effectual to warm a cold and win-
 dy Stomach, or the pricking therein, and Stitches in the sides
 caused by the Spleen; and to help the Cough, shortness of
 breath, and wheeling in the Lungs. The dried Root made in-
 to Pouder, and mixed with Sugar and taken, serveth to the same
 purposes, and is also profitable for those that have their Urin
 stopped; or the stopping of Womens Courses, the pains of the
 Mother, and of the Stone in the Reins, Kidnies, or Bladder:
 It resisteth Poyson, and stayeth the spreading of the Venom of
 Serpents, as also of putrid and Pestilential Feavers, and the
 Plague it self. The Roots and Herb beaten and put into new Ale

Cold sto-
mach,
wind,
Stitch,
Spleen,
Cough,
Shortness
of breath,
wheeling,
Terms
provokes,

Ale or Beer, and dayly drunk, cleareth, strengthneth, and quickneth the Sight of the Eyes wonderfully. The Decoction of the Roots in Wine or the Juyc taken therein, killeth and driveth forth al manner of Worms in the Belly, Stomach, and Maw; and gargled in the Mouth, or the Root chewed fastneth loose Teeth, and helpeth to keep them from putrifaction: And being drunk is good for those that spit Blood, helpeth to remove Cramps or Convulsions, and the pains of the Gout, the Sciatica, the loosness and pains in the Joynts, or those Members that are out of joynt, by cold or moisture hapning to them, applied outwardly as wel as inwardly, and is good for those that are bursten, or have any inward bruise. The Roots boyled wel in Vinegar, beaten afterwards and made into an Oyntment with Hogs Suet, or Oyl of Trotters is an excellent remedy for Scabs or Itch in yong or old: The places also bathed or washed with the Decoction doth the same; it also helpeth al sorts of filthy, old, putrid Sores or Cankers whersoever. In the Roots of this Herb lieth the chief effect for al the Remedies aforesaid: The distilled Water of the Leavs and Roots together is very profitable to cleanse the Skin of the Face or other Parts, from any Morphew, Spots, or Blemishes therein, and maketh it cleer.

Eringo, or, Sea-Holly.

Descript.] The first Leavs of our ordinary Sea-Holly, are nothing so hard and prickly as when they grow old, being almost round and deeply dented about the edges; hard, and sharp pointed, and a little crumpled, of a bluish green color, every one upon a long Footstalk: but those that grow up higher with the Stalk, do as it were compass it about. The stalk it self is round and strong, yet somewhat crested with Joynts, and leavs set thereat, but more divided, sharp, and prickly; and branches rising from thence, which have likewise other smaller branches, each of them bearing severall bluish round prickly beads, with many smal jagged, prickly leavs under them standing like a Star, and are sometimes found greenish or whitish: The Root groweth wonderful long, even to eight or ten foot in length, set with Rings or Circles, toward the uper part, but smooth and without joynts down lower, brownish on the outside, and very white within, with a pith in the middle, of a pleasant tast, but much more being artificially preserved and candy'd with Sugar.

Place.] It is found about the Sea Coasts, in almost every Country of this Land which bordureth upon the Sea.

Time.] It Flowreth in the end of Summer, and giveth ripe Seed within a Month after.

Government and Vertues.] The Plant is Venerial, and breedeth Seed exceedingly and strengthens the Spirit productive, it is hot and moist, and under the Cœlestial Spleen, Liver, Ballance. The Decoction of the Root hercof in Wine is very

yellow jaund.
Dropſie, Chol-
lick, Diſury,
Strangury,
Reins, French
Pox, Kings
Evil, venomous
Beaſts, Thorns,
broken bones,
Splinters,
Apoſthumes,
Mucanholly,
Quartan and
Quotidian A-
gues, Wry Necks

very effectual to open the Obſtructions of the Spleen Liver, and helpeth the yellow Jaundice, the Dropſie, pains in the Loyns, and wind Chollick, provoketh urine and expelleth the Stone, and procureth Womens Courſes. The continued uſe of the Decoction for fifteen daies, taken faſting, and next to bedward, doth help the Strangury the piſſing by drops, the ſtopping of Urine and Stone, and al defects of the Reins or Kidnies; and if the ſaid drink continued longer, it is ſaid that it perfectly cureth the Stone, and that experience hath found it ſo: It is found good againſt the French Pox. The Roots bruised and applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings evil; or taken inwardly and applied to the place ſtung or bitten by any Serpent, healeth it ſpeedily. The Roots be bruised and boyled in old Hogs Greas, or ſalted Lard and applied to broken Bones, Thorns, &c. remaining in the Fleſh, doth not only draw them forth, but healeth up the place again, gathering new fleſh where it was conſumed: The Juyce of the Leavs dropped into the Ears, helpeth Impoſthumes therein: The diſtilled Water of the whol Herb when the Leavs and Stalks are yong, is profitable drunk for al the purpoſes aforeſaid; and helpeth the Melancholly of the Heart, and is available in Quartan and Quotidian Agues, as alſo for them that have their Necks drawn awry, and cannot turn them without turning their whol Body.

Eyebright.

Deſcript.] The common Eyebright is a ſmal low Herb, riſing up uſually but with one blackiſh, green ſtalk, a ſpan high, or not much more, ſpread from the bottom into ſundry branches, whereon are ſet ſmal and almoſt round, yet pointed, dark, green Leavs finely ſnipped about the edges, two alwaies ſet together, and very thick: At the Joynts with the Leavs from the middle upward, come forth ſmal white Flowers ſtriped with purple and yellow ſpots or ſtripes; after which follow ſmal round heads with very ſmal ſeed therein. The Root is long, ſmal, and threddy at the end.

Place.] It groweth in many Meadows, and graſſy places in this Land.
Government and Vertues.] Is under the Sign of the Lyon, and ſo claims Dominion over it. If this Herb were but as much uſed as it is neglected, it would half ſpoil the Spectacle-makers Trade; and a man would think that reaſon ſhould teach people to prefer the preſervation of their Natural, before Artificial Spectacles: which that they may be inſtructed how to do, take the Vertues of Eyebright as followeth:

The Juyce or diſtilled Water of Eyebright taken inwardly in white Wine or Broth, or dropped into the Eyes for divers daies together, helpeth al infirmities of the Eyes that cauſe dimneſs of Sight: Some make a Conſerve of the flowers to the ſame effect. Being uſed any of theſe waies it alſo helpeth a weak Brain or Memory.

Memory. This tunned up with strong Beer that it may work together, and drunk: Or the Pouder of the dried herb mixed with Sugar, a little Mace, and Fennel-seeds, and drunk or eaten in broth: Or the said Pouder made into an Elestuary with Sugar and taken, hath the same powerful effect to help and restore the sight decayed through age. And *Arnoldus de villa nova*, saith, It hath restored sight to them that have been blind a long time before.

Fern.

Descript.] **O**F this there are two kinds principally to be noted, viz. The Male and Female: The Femal groweth higher than the Male, but the Leavs therof are lesser, and more divided or dented, and of strong a smel as the Male: The Vertues of them are both alike, and therefore I shal not trouble you with any further Description or distinction of them. **Place.]** They both grow on Heaths, and in shady places neer the Hedges in al Countries of this Land.

Time.] They flourish and give their seed at Midsummer.

The Femal Fern is that Plant which is in *Suffex* called Brakes, the seed of which some Authors hold to be so rare, such a thing there is I know, and may easily be had upon *Midsummer-eve*, and for ought I know, two or three dayes before or after, if not more.

Government and Vertues.] It is under the Dominion of *Mercury*, both the Male, and the Female. The Roots of both these sorts of Ferns, being braised and boyled in Mead, or honyed water, and drunk, killeth both the broad, and long Worms in the Body, and abateth the swelling, and hardness of the Spleen. The green Leavs eaten, purgeth the Belly, and Chollerick and waterish humors, but it troubles the stomach. They are dangerous for Women with Child to meddle with, by reason they cause Abortment. The Roots bruised and boyled in Oyl, or Hogs-grease, maketh a very profitable Oyntment to heal Wounds, or pricks gotten into the Flesh. The Pouder of them used in foul Ulcers, drieth up their malignant moisture, and causeth their speedier healing: Fern being burned, the smoak therof driveth away Serpents, Gnats, and other noysome Creatures, which in the Fenny Countries do in the night time trouble and molest people lying in their Beds with their faces uncovered: it causeth barrenness.

Osmond Royal, or Water-Fern.

Descript.] **T**His shooteth forth in the Spring time, for in the Winter the Leavs perish, divers rough hard stalks, half round and hollowish, or flat on the other-side, two foot high, having divers branches of winged yellowish green leavs on al sides, set one against another, longer, narrower, and not nicked on the edges as the former: From the top of some of these stalks grow forth a long bush of smal, and more yellowish, green, scaly niglets, as it were set in the same manner on the stalks as the leavs are, which we accounted the flower and seeds. The Root is rough, thick, and scaly;

with a white pith in the middle, which is called the Heart thereof.

Place.] It groweth on Moors, Bogs, and Watery places in many parts of this Land.

Time.] It is green at the Summer, and the Root only abideth in Winter.

Government and Vertues.] Saturn owns the Plant. This hath all the vertues mentioned in the former Ferns, and is much more effectual than they

both for inward and outward Grievs, and is accounted singular good in Wounds, Bruises, or the like: The Decoction to be drunk, or boyled into an Oyntment, or Oyl, as a Balsom, or Balm, and so it is singular good against Bruises, and Bones broken or out of joynt, and giveth much ease to the Chollick, and Spleenerick Diseases: as also for Ruptures, or Burstings. The Decoction of the Root in white Wine, provokes Urin exceedingly, and clenseth the Bladder and passages of Urin.

Featherfew.

Descript.] Common Featherfew hath many large, fresh, green Leaves, very much torn, or cut on the edges: The stalks are hard and round set with many such like leaves, but somewhat smaler, and at the top stand many single flowers upon several smal footstalks, consisting of many smal white leaves, standing round about a yellow thrum in the middle. The Root is somewhat hard and short, with many strong fibres at it. The scent of the whole Plant is very strong, and stuffing, and the tast very bitter.

Place.] This grow wild in some places of this Land, but it is for the most part nourished in Gardens.

Time.] It flowereth in the Months of June, and July.

Government and Vertues.] Venus commands the Herb, and hath commanded it to succor her Sisters [Women] and to be a general strengthner of their Wombs, and Remedy such infirmities as a careless Midwife hath there caused, if they wil be but pleased to make use of her Herb boyled in white Wine, and drink the Decoction; it clenseth the Womb, expelleth the After-birth, doth the Woman all the good she can desire of an Herb. And if any grumble because they cannot get the Herb in Winter, tel them, if they please, they may make a Syrup of it in Summer. It is chiefly used for the

Diseases of the Mother, whether it be the strangling or rising of the Mother, or Hardness, or Inflammations of the same, applied outwardly therunto: Or a Decoction of the Flowers in Wine, with a little Nutmeg or Mace put therein, and drunk often in a day, is an approved Remedy to bring down Womens Courses speedily, and helpeth to expel the Dead-birth, and After-birth. For a Woman to sit over the hot fumes of the Decoction of the Herb made in Water, or Wine, is effectual also for the same: and in some cases, to apply the boyled Herb warm to the privy parts. The Decoction thereof made, with some Sugar or Honey put therto, is used by many with good success, to help the Cough and stuffing of the Chest by cold, as also to cleanse the Reins and

Mother,
Womb,
Terms
provokes,
Dead-
birth,
After-
birth,
Cough,
Reins,
Bladder,

Choller, and Bladder, and help to expel the Stone in them. The Pouder
 of the Herb taken in Wine, with some Oximel, purgeth both
 Choller and Flegm, and is available for those that are short
 winded, and are troubled with Melancholly and Heaviness, or
 sadness of the Spirits. It is very effectual for al pains in the head
 coming of a cold cause, the Herb being bruised, and applied to
 the crown of the head: as also for a Vertigo, that is a turning,
 or swimming in the head. The Decoction therof drunk warm,
 and the Herb bruised with a few corns of Bay-salt, and applied
 to the Wrists before the coming of the Ague fits, doth take them
 away. The Distilled water taketh away Freckls, and other spots
 and deformities in the Face. The Herb bruised and heated on a
 Tyle, with some Wine to moisten it, or fryed with a little Wine
 and Oyl in a frying-pan, and applied warm outwardly to the
 places, helpeth the Wind and Chollick in the lower part of the Belly: It
 is an especial Remedy against Opium taken too liberally.

Fennel.

EVERY Garden affordeth this so plentifully, that it needeth no Description
 Government and Vertues. } One good old fashion is not yet left off,
 viz. To boyl Fennel with Fish, for it consumes that flegmatick humor which
 Fish most plentifully afford and annoy the Body by, therefore it is a most fit
 herb for that purpose, though few that use it know why or wherefore they do
 it; I suppose the reason of its benefit this way is, because it is an Herb of
 Mercury, and under Virgo, and therefore bears Antipathy to
 wind, Disury, Pisces. Fennel is good to break Wind, to provoke Urin,
 Stone, encrease and ease the pains of the Stone, and help to break it. The
 Milk, A- Leavs or Seeds boyled in Barly-water and drunk, is good for
 mends Milk, Nurses to encrease their Milk, and make it more wholsom
 Hiccough, Lo- for the Child. The Leavs, or rather the Seed boyled in wa-
 ter stayeth the Hiccough, and taketh away that loathing
 Venem. Beasts, which oftentimes hapneth to the stomachs of sick, and fea-
 Poyson, Mush- verish Persons, and allayeth the heat therof. The Seed boyl-
 ed in Wine and drunk, is good for those that are bitten with
 Serpents, or have eaten poysonful Herbs, or Mushrooms:
 The Seed and the Root much more helpeth to open Ob-
 struitions of the Liver, Spleen, and Gall, and therby hel-
 peth the painful and windy swellings of the Spleen, and the
 yellow Jaundice, as also the Gout and Cramps. The Seed
 is of good use in Medicines to help shortness of breath, and
 Wheeking by stopping of the Lungs. It helpeth also to bring
 down the Courses, and to cleanse the Parts after delivery. The
 Roots are of most use in Physick-Drinks and Broths that
 are taken to cleanse the Bloud, to open Obstructions of the
 Liver, to provoke Urine, and amend the ill colour in the
 Face after sickness, and to cause a good habit through the Body: Both Leavs,
 Seeds,

Seeds, and Roots hereof are much used in Drinks or Broths, to make people more spare and lean that are too fat. The Distilled Water of the whole Herb or the condensate Juyce dissolved, but especially the Natural Juyce that in hot Countries issueth out thereof of its own accord, dropped into the Eyes, clenseth them from Mists and Films that hinder the sight. The sweet Fennel is much weaker in Physical uses, than the common Fennel. The wild Fennel is stronger and hotter than the tame, and therefore most powerful against the Stone, but not so effectual to encrease Milk, because of its driness.

Sow-Fennel, or Hogs-Fennel.

BESIDES the common Name in English Hogs-Fennel, and the Latin name *Peusidanum*, it is called Hoar-strang, and Hoar-strong, Sulpher-wort, and Brimstone-wort.

Descript.] The common Sow-Fennel hath divers branched stalks of thick and somewhat long Leavs, three for the most part joyned together at a place, among which riseth a crested strait stalk, less than Fennel, with some joynts thereon, and Leavs growing therat, and toward the top some Branches issuing from thence; likewise on the tops of the stalk and branches stand divers tufts of yellow Flowers, where after grow somewhat flat, thin, and yellowish seed, bigger than Fennel-seed. The Root groweth great and deep, with many other parts and fibres about them, of a strong scent like hot Brimstone, and yeelding forth a yellowish milk, or clammy Juyce, almost like a Gum.

Place.] It groweth plentifully in the salt low Marshes neer by Feaversham in Kent.

Time.] It flowereth and seedeth in July and August.

Government and Vertues.] This also is an Herb of *Mercury*. The juyce of Sow-Fennel (saith *Dioscorides* and *Galen*) used with Vinegar and Rose-water, or the juyce with a little Euphorbium put to the nose, helpeth those that are troubled with the Lethargy, the French, Vertigo, the turning or giddiness of the Head, the falling-sickness, long, and inveterate Headach, the Palsie, Sciatica, and the Cramp, and generally all the Diseases of the Sinews, used with Oyl and Vinegar. The juyce dissolved in Wine, or put into an Eg, is good for the Cough, or shortness of Breath, and for those that are troubled with the Wind in the Body: It purgeth the Belly gently, helpeth the hardness of the Spleen, giveth ease to Women that have sore Travail in Childbirth, and easeth the pains of the Reins, Bladder, Womb, and also of the Womb. A little of the juyce dissolved in Wine and dropped into the Ears, easeth much of the pains in them; and put into an hollow-tooth, easeth the pain thereof. The Root is less effectual in all the aforesaid Diseases: yet the Pouders of the Root clenseth foul Ulcers being put into them: and taketh out splinters of Broken Bones, or other things in the Flesh, and healeth them up perfectly: as also it dryeth up old and inveterate running sores, and is of admirable Vertue in all green Wounds.

Fig-wort, or Throat-wort.

Descript.] **T**He common great Figwort sendeth forth divers great, strong, hard, square, brown stalks, three or four foot high, wherein grow larg, hard, and dark green Leavs, two at a joynt, which are larger and harder than Nettle Leavs, but not stinging: At the tops of the stalks stand many purple flowers set in husks, which are somewhat gaping and open, somewhat like those of Water-Betony: after which come hard round Heads, with a smal point in the middle, wherein lie smal brownish seed. The root is great, white, and thick, with many branches at it growing aslope under the upper crust of the ground, which abideth many years, but keepeth not green Leavs in Winter.

Place.] It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

Time.] It flowereth about July, and the seed wil be ripe about a Month after the flowers are fallen.

Government and Vertues.] Some Latin Authors cal it *Cervicaria*, because 'tis appropriated to the Neck, and we *Throatwort*, because 'tis appropriated to the Throat. Venus own the Herb, and the Cœlestial Bull wil not deny it, therefore a better Remedy cannot be for the Kings Evil, because the Moon that rules the Disease is exalted there, nor for any Disease in the Neck, the rest of the Diseases specified, you may (if you look) see a very good Reason for their Cure by this Herb. The Decoction of the Herb

Congealed blood taken inwardly, and the bruised Herb applied outwardly, by Wound, bruise, or Fall, Kings-Evil, Wens, Hemorrhoids, fundaments, ulcers, Scurff, Spots, Freckls, Deformity, Leprosie. dissolveth clotted or congealed Bloud within the Body, coming by any Wound, Bruise, or Fall; and is no less effectual for the Kings Evil, or any other Knots, Kernels, Bunches or Wens growing in the Flesh whersoever, and for the Hemorrhoids, or Piles, or other Knobs, or Kernels which somtimes grow about the Fundament. An Oyntment made hereof, may be used at al times when the fresh Herb is not to be had. The distilled Water of the whole

Plant, Roots and al, is used for the same purposes, and drieth up the superfluous virulent moisture of hollow and corroding Ulcers: It taketh away al redness, spots, and Freckls in the Face, as also the Scurff, or any foul Deformity therein, and the Leprosie likewise.

Filipendula, or Dropwort.

Descript.] **T**His sendeth forth many Leavs, som bigger, som lesser, set on each side of a middle Rib, and each of them dented about the edges, somewhat resembling wild Tansie, or rather Agrimony, but harder in handling; among which rise up one or more stalks two or three foot high, with like leavs growing thereon, and somtimes also divided into other branches spreading at the top into many white sweet smelling Flowers, consisting of five leavs apiece with som thrids in the middle of them standing together in a tuft, or umbel, each upon a smal footstalk, which after they have been

open and blown a good while, do fall away, and in their places appear small round chaffy heads like Buttons wherein are the chaffy Seed set and placed. The Root consists of many small black tuberos pieces, fastned together by many small, long, blackish strings which run from one to another.

Place.] It groweth in many places of this Land, in the corners of dry Fields and Meadows, and their hedg-fides.

Time.] They flower in June and July, and their seed is ripe in August.

Government and Vertues.] It is under the Dominion of Venus, and is very effectual to open the Passages of the Urine, and help the Disury, Strangury, and all other pains of the Bladder and Reins, helping Strangury, mightily to expel the stone in the Kidnies or Bladder, and the Reins, Gravel also, and these are done by taking the Roots in Powder, Bladder, or a Decoction of them in white Wine, wherunto a little Honey Stone, is added: The same also helpeth to expel the Afterbirth. The Gravel, Roots made into Powder, and mixed with honey into the form of wind, an Electuary, doth much help them whose stomachs are swollen, Lungs, dissolving and breaking the Wind which was the cause thereof, wheezing, and is also very effectual for all Diseases of the Lungs, as shortness Hoarsness, of breath, Wheezings, Hoarsness of the Throat, and the Cough, Cough, and to expectorate cold Flegm, or any other parts thereabouts. Flegm. It is called Dropwort because it helps such as piss by drops.

The Figtree.

FOR to give a Description of a Tree so wel known to every body that keeps it in their Garden, were needless; they prosper very wel in our English Gardens, yet are fitter for Medicine than for any other profit which is gotten by the Fruit of them.

Government and Vertues.] The Tree is under the Dominion of Jupiter. The Milk which issueth out from the Leavs or Branches when they are broken off, being dropped upon Warts takes them away. The Decoction of the Leavs of a Fig-tree, is excellent good to warts, headsores wash sore Heads withal: neither is there scarcely a better Leprosie, Morphem, scurff, Remedy for the Leprosie then it is; it clears the Face also of scabs, sores, ulcers, bloud con- Morphem, and the body of white scurf, moist scabs, and running sores if it be dropped into old fretting Ulcers, it cleanseth out the moisture and bringeth up the flesh, because you cannot have the Leavs green all the year, you may make an Oyntment of them whilst you may: A Decoction of the Bloudy-flux, Leavs being drunk inwardly, or rather a Syrup made of kibes, Chilblains them, dissolves congealed bloud, caused by Bruises or Falls, in the Ears, and helps the Bloudy-flux: The Ashes of the Wood made Deasness, biting into an Oyntment with Hogs-grease, helps Kibes and Chilblains: The Juyce being put into a hollow-tooth, easeth of mad-Dogs, pain, as also pain and noise in the Ears being dropped into Vcnem. Beasts, them, and deafness: An Oyntment made of the juyce and Cough, Hoarsness, Hogs-grease is as excellent a Remedy for the biting of a mad-

man Dog, or other Venemous Beast as most is. A Syrup made of the Leaves or green fruit is excellent good for Coughs, Hoarseness or shortness of Breath, and all Diseases of the Breast and Lungs: It is also excellent good for the Dropsie, and falling-sickness. They say that the Fig-Tree as well as the Bay-Tree is never hurt by lightning; as also that a Bull if he be never so mad, if you tie him to a Fig-Tree wil quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Igsoticks; yet some Authors say the eating of them makes people Loufie.

The yellow Water-Flag, Or, Flowerdeluce.

Descript.] **T**His groweth like the Flower-de-luces, but it hath much longer and narrower sad green Leavs joyned together in that fashion; the Stalk also groweth often times as high, bearing smal yellow Flowers, shaped like the Flowerdeluce with three falling Leavs, and other three arched that cover their bottoms; but instead of the three upright Leavs as the Flowerdeluce hath, this hath only three short pieces standing in their places, after which succeed thick and long three square Heads containing in each part somewhat big and flat Seed like to those of the Flowerdeluces: The Root is long and slender, of a pale brownish color on the outside, and of a hoar flesh color on the inside, with many hard fibres thereat, and very barsh in tast.

Place.] It usually groweth in watery Ditches, Ponds, Lakes, and Moor sides which are alwaies overflown with Water.

Time.] It flowreth in July, and the Seed is ripe in August.

Government and Vertues.] It is under the Dominion of the Moon.

The Root of this Water-flag is very astringent, cooling, and drying, and therby helpeth all Lasks and Fluxes, whether of Dries, Flux, blood, or humors, as bleeding at mouth, noise, or other parts, Bloody flux, bloody fluxes, and the immoderate Flux of Womens Courses. **Bleeding,** The distilled water of the whol Herb, Flowers, and Roots, is a **Terms stops,** Sovereign good Remedy for watering Eyes, both to be dropped into them, and to have cloathes or sponges wetted therein and applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in any other parts: The said water somented on swellings and hot inflamations of Womens sore Breasts, upon Cankers also, & those spreading Ulcers called *Noli me tangere*, doth much good: It helpeth also foul Ulcers in the privy parts of man or woman, or elsewhere. An Oyntment made of the Flowers is better for these external applications.

Flaxweed, or Toadflax.

Descript.] **O**ur common Flaxweed hath divers Stalks full fraught with long and narrow blue or Ash-color'd Leavs, and from

from the middle of them almost upward stored with a number of pale yellow Flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat Seeds in round Heads. The Root is somewhat woody and white, especially the main downright one, with many fibres, abiding many yeers, shooting forth Roots every way round about, and new Branches every yeer.

[Place.] This groweth throughout this Land, both by the way sides in Meadows, as also by Hedg sides, and upon the sides of Banks and Borders of Fields.

[Time.] It flowreth in Summer, and the Seed is ripe usually before the end of August.

[Government and Vertues.] Mars owns the Herb: in *Sussex* we call it Gall-wort, and lay it in our Chickens water, to cure them of the Gall I think, I am sure it releevs them when they are drooping. This is frequently used to provoke Urin being stopped, and to spend the abundance of those watery humors by Urin which cause the Obstruction of the Liver, yellow Jaundice, expelleth poyson, provoketh Womens Courses, driveth forth the dead Child, and Afterbirth. The distilled Water of the Herb and Flowers is effectual for all the same purposes, especially being drunk with a dram of the Pouder of the Seeds, or Bark of the Root of Walwort, and a little Cinnamon for certain daies together, is held a singular Remedy for the Dropisie: The Juyce of the Herb or the distilled Water dropped into the Eyes is a certain Remedy for all heat, inflammations and redness in them. The Juyce or water put into foul Ulcers whether they be Cancrous or Fistulous, with tents roused therein, or the parts washed or injected therewith cleanseth them thoroughly from the bottom, and healeth them up safely. The same Juyce or Water also cleanseth the Skin wonderfully of all sorts of deformity therof, as Leprosy, Morpew, Scurf, Wheals, Pimples, or any other spots or marks in the Skin, applied of it self, or used with some Pouder of Lupines.

Fleawort.

[Descript.] The ordinary Fleawort riseth up with a Stalk two Foot high, or more, full of Joynts and Branches on every side up to the top, and at every joynt two smal, long, and narrow whitish green Leavs somewhat hairy: At the tops of every Branch stand divers smal short scaly or chaffy heads, out of which come forth smal whitish yellow threds, like to those of the Plantane Herbs, which are the Bloomings or Flowers. The seed inclosed in those Heads is smal and shining while it is fresh very like unto Fleas, both for color and bigness, but turning black when it groweth old. The Root is not long but white, hard, and woody, perishing every yeer and rising again of its own Seed for divers yeers if it be suffered to shced: The

whol Plant is somewhat whitish and hairy, smelling somewhat like Rozin.

There is another sort bereof differing not from the former in the manner of growing, but only that his stalk and branches being somewhat greater, do a little more bow down to the ground: The Leavs are somewhat larger, the heads somewhat lesser, the Seed alike; and the Root and Leavs abide al the winter, and perish not as the former.

Place.] The first groweth only in Gardens; the second plentifully in Fields that are neer the Sea.

Time.] They flower in July or thereabouts.

Government and Vertues.] The Herb is cold and dry, Saturnine: I suppose it obtained the name Fleawort because the Seeds are so like Fleas. The Seed fried and so taken staieth the Flux or Lask of the Belly, and the corrosions that come by reason of hot, Chollerick, Sharp, and malignant Humors, or by the too much purging of any violent Medicine, as Scammony or the like. The Muccilage of the Seed made with Rose Water, and a little Sugar Candy put thereto is very good in al hot Agues and burning Feavers, and other Inflammations to cool the thirst, and lenifie the driness and roughness of the Tongue and Throat. It helpeth also hoarseness of the voice, and Diseases of the Breast and Lungs caused by heat, or sharp salt humors, and the Pleuresie also. The Muccilage of the Seed made in Plantane Water, whereunto the Yolk of an Eg or two and a little Populeon is put, is a most safe and sure Remedy to ease the sharpness, prickings, and pains of the Hemorrhoids or Piles, if it be laid on a cloth, and bound thereto. It helpeth also al Inflammations in any parts of the Body, and the pains that come thereby, as the Headach and Megrim, and al hot Imposthumes or Swellings, or breakings out of the Skin, as Blains, Wheals, Pusshes, Purples, and the like; as also the pains of the Joynts, and of those that are out of joynt; the pains of the Gout and Sciatica, the bursting of yong Children, and the swelling of the Navel, applied with Oyl of Roses and Vinegar. It is also very good to heal the Nipples and sore Breasts of Women being often applied thereunto. The Juyce of the Herb with a little Honey put into the Ears helpeth the running of them, and the Worms breeding in them: The same also mixed with Hogs Grease, and applied to corrupt and filthy Ulcers and Sores, cleanseth and healeth them.

Flixweed.

Descript.] IT riseth up with a round upright hard stalk, four or five foot high, spread into sundry Branches, whereon grow many grayish green Leavs very finely cut and severed into a number of short and almost round parts. The Flowers are very smal and yellow growing spike fashion, after which come very smal long Pods, with very smal yellowish Seed in them.

them. The Root is long and woody perishing every yeer.

There is another sort differing in nothing, save only it hath somewhat broader Leaves: They have a strong evil savor being smelt unto, and are of a drying tast.

Place.] They grow wild in the Fields by Hedg sides, and High waies, and among rubbish, and in many other places.

Time.] They flower and Seed quickly after, namely in June and July.

Government and Vertues.] This Herb is Saturnine also. Both the

Flux,	Herb and Seed of Flixweed is of excellent use to stay the Flux
Bleeding,	or Lask of the Belly being drunk in Water wherein gads of
Bloody,	steel heated have been often quenched; and is no less effectual
Flux,	for the said purpose than Plantane or Comfry, and to restrain a-
Terms	ny other Flux of Blood in man or woman, as also to consolidate
stops,	Bones broken, or out of joynt. The Juyce therof drunk in
broken	Wine, or the Decoction of the Herb drunk, doth kil the
Bones,	Worms in the Stomach or Belly, or the Worms that grow in
Members	putrid and filthy Ulcers; And made into a Salve doth quickly
disjointed,	heal al old Sores, how foul or Malignant soever they be. The
worms,	distilled Water of the Herb worketh the same effects although
Sores,	somewhat weaker, yet is a fair Medicine, and more acceptable
ulcers.	to be taken.

It is called Flixweed because it cures the Flux, and for its uniting broken Bones, &c. Paracelsus extols it to the Skies. It is fitting Syrupts, Oyntments, and Plaisters of it, were kept in your Houses.

Flower-de-luce.

IT is so wel known, being nursed up in most Gardens, that I shal not need to spend time in writing a Description thereof.

Time.] The Flaggy kinds thereof have the most Physical uses; the Dwarf kinds therof flower in April, the greater sorts in May.

Stomach,	Government and Vertues.] The Herb is Lunar. The Juyce or Deco-
Flegm,	tion of the green Roots of the Flaggy kind of Flowerdeluce,
Choller,	with a little Hony drunk, doth purge and clemf the Stomach of
jaundice,	gross and tough flegm and choller therein; it helpeth the
Dropfie, Bel-	Jaundice and the Dropfie, by evacuating those humors both
ly, sides,	upwards and downwards, and because it somewhat hurteeth the
Agues, Li-	Stomach, is not to be taken but with Honey and Spicknard.
ver, spleen,	The same being drunk doth eas the pains and torments of the
Stones,	Belly and sides, the shaking of Agues, the Diseases of the
convulsion,	Liver and Spleen, the Worms in the Belly, the stone in the
Cramp, ve-	Reins, Convulsions or Cramps that come of cold humors;
venomous	it also helpeth those whose Seed passeth from them unawares;
Beasts, di-	It is a Remedy against the bitings and stingings of venomous
sur,	Creatures, being boyled in Water and Vinegar and drunk:
	Being boyled in Wine and drunk it provoketh Urine, helpeth

the Chellick bringeth down Womens Courses; and made up into a Pessary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended against the Cough to expectorate tough flegm; It much easeth pains in the Head, and procureth sleep: Being put into the Nostrils it procureth sneezing, and thereby purgeth the Head of flegm: The Juice of the Root applied to the Piles or Hemorrhoids giveth much ease. The Decoction of the Roots gargled in the Mouth easeth the Toothach, and helpeth a stinking breath. The Oyl called *Oleum Irimum* if it be rightly made of the great broad flag Flowerdeluce (and not of the great bulbous blue Flowerdeluce as is used by some Apothecaries) and Roots of the same of the Flaggy kinds is very effectual to warm and comfort al cold joynts and sinews, as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth Tumors or Swellings in any part of the Body, as also of the Matrix: It helpeth the Cramp and Convulsion of the sinews: The Head and Temples anointed therewith helpeth the Catark or thin Rhewm distilling from thence; and used upon the Breast or Stomach, helpeth to extenuate the cold tough flegm. It helpeth also the pains and noise in the Ears, and the stench of the Nostrils. The Root it self either green or in Pouder, helpeth to cleanse, heal, and incarnate Wounds, and to cover the naked Bones with Bleesh again that Ulcers have made bare; and is also very good to cleanse and heal up Fistulaes and Cankers that are hard to be cured.

Fluellin, or Lluellin.

Descript.] **T**His shooteth forth many long Branches partly lying upon the Ground, and part standing upright, set with almost round Leavs, yet a little pointed, and sometimes more long than round, without order thereon, somewhat hoary, and of an evil greenish white color; at the Joynts all along the Stalks, and with the Leavs come forth smal Flowers, one at a place, upon a very smal short Footstalk, gaping somewhat like Snapdragons, or rather like Toadflax, with the uper Jaw of a yellow color, and the lower of a purplish, with a smal heel or spur behind, after which come smal round Heads, containing smal black Seed. The Root is smal and threddey, dying every yeer, and raiseth it self again of its own sowing. There is another sort of Lluellin which hath longer Branches wholly trailing upon the ground two or three foot long, and sometimes more, thinner set with Leavs thereon, upon smal Footstalks. The Leavs are a little larger and somewhat round, and cornered sometimes in some places on the edges; but the lower part of them being the broadest, hath on each side a smal point, making it seem as if they were Ears, somewhat hairy, but not hoary, and of a better green color than the former: The Flowers come forth like the former: but the colors therein are more white than yellow, and the purple not so fair, it is a larger flower, and so are the Seed, and Seed Vessels: The Root is like the other, and perisheth every yeer.

Place.

Place.] They grow in divers Corn Fields, and in borders about them and in other fertile grounds, about *Southfleet* in *Kent* abundantly, at *Backworth*, *Hamerton*, and *Richwersworth* in *Huntington-shire*; and in divers other places.

Time.] They are in Flower about *June* and *July*, and the whol Plant is dry and withered before *August* be done.

Government and Vertues.] It is a Lunar Herb. The Leavs bruised and applied with Barly Meal to watering Eyes that are hot and inflamed by defluxions from the Head, doth very much help them, as also the Fluxes of Blood or Humors, as the *Leaky*, *Bloody Flux*, *Womens Courses*, and stayeth al manner of bleeding at Nose, Mouth, or any other place, or that cometh by any bruise or hurt, or bursting a Vein; and wonderfully it helpeth al those inward parts that need consolidating or strengthening: and is no less effectual both to heal and close green Wounds, as to cleanse or heal al foul or old Ulcers, fretting or spreading Cankers or the like.

Bees are industrious, and go abroad to gather Honey from each Plant and Flower, but Drones lie at home, and eat up what the Bees have taken pains for: Just so do our Colledg of Physitians, lie at home and domineer, and suck out the sweetness of other Mens Labors and Studies, themselves being as ignorant in the knowledg of Herbs as a Child of four yeers old, as I can make appear to any Rational man by their last Dispensatory; Now then to hide their Ignorance, there is not a readier way in the World, than to hide Knowledg from their Country men, that so no body might be able so much as to smel out their Ignorance. When Simples were more in use, mens bodies were in better health by far than now they are, or shal be if the Colledg can help it. The truth is, this Herb is of a fine cooling, drying quality, and an Oyntment or Plaister of it, might do a man a courtenie that hath any hot virulent Sores; 'tis admirable for the Ulcers of the French Pox, if taken inwardly may cure the Diseas. It was at first called *Fœmale Speedwel*, but a Shentleman of *Wales*, whose Nose was almost eaten off with the Pox, and so neer the matter, that the Doctors commanded it to be cut off, being cured by only the use of this Herb, to honor the Herb for saving her Nose whol, gave it one of her own Country names, *Lluellin*.

Foxglove.

Descripr.] It hath many long and broad Leavs lying upon the ground denoted about the edges, a little soft or woolly, and of a hoary green color, among which rise up sometimes sundry Stalks, but one very often bearing such Leavs thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple Flowers, a little more long and emineat at the lower edg, with some white spots within them, one above another, with smal green Leavs at every one, but all of them turning their heads one way, and hanging downwards, having some threds also in the middle, from whence rise round heads pointed sharp at the ends,

...wherein smal brown Seed lieth. The Roots are many smal buskie fibres, and some greater strings among them: The Flower hath no scent, but the Leaves have a bitter hot tast.

Place.] It groweth on the dry sandy grounds for the most part, and as well on the higher as lower places under Hedg sides in almost every County of this Land.

Time.] It seldom Flowreth before July, and the Seed is ripe in August.

Government and Vertues.] The Plant is under the Dominion of Venus, being of a gentle clensing Nature; and withal very friendly to Nature. The Herb is familiarly and frequently used by the Italians to heal any fresh or green Wound, the Leavs being but bruised and bound thereon; and the Juyce thereof is also used in old Sores, to clens, dry, and heal them. The Decoction hereof made up with some Sugar or Honey is available to clens and purge the Body, both upwards and downwards somtimes of tough flegm and clammy humors, and to open obstructions of the Liver and Spleen: It hath been found by experience to be available for the Kings Evil, the Herb bruised and applied, or an Oyntment made with the Juyce thereof, and so used: And a Decoction of two handfuls thereof with four Ounces of Polipody in Ale, hath been found by late experience to cure divers of the Falling-sickness, that have been troubled with it above twenty years.

My self am confident that an Oyntment of it is one of the best Remedies for a Scabby Head that is.

Fumitory.

Descript.] Our common Fumitory is a tender sappy Herb, sending forth from one square, slender, weak Stalk, and leaning downwards on al sides many Branches two or three foot long, with finely cut and jagged Leaves of a whitish, or rather bluish, Seagreen color: At the tops of the Branches stand many smal Flowers, as it were in a long spike one above another, made like little Birds of a reddish purple color with whitish bellies: After which come smal round Husks containing smal black Seed. The Root is yellow, smal, and not very long, ful of Juyce while it is green, but quickly perishing with the ripe Seed: In the Corn Fields in Cornwall this beareth white Flowers.

Place.] It groweth in the Corn Fields almost every where as wel as in Gardens.

Time.] It Flowreth in May for the most part, and the Seed ripeneth shortly after.

Government and Vertues.] Saturn owns the Herb, and presents it to the World as a Cure for his own Diseases, and a strengthener of the parts of the Body he rules: If by my Astrological Judgment of Diseases, from the Decumbiture, you find Saturn Author of the Dical, or if by Direction from a Nativity you fear a Saturnine Disease approaching, you may by this

this Herb prevent it in the one, and cure it in the other : and therefore
 fir you keep a Syrup of it alwayes by you. The Juyce or Syrup made therof
 or the Decoction made in Whey by it self, with som other pur-
 ging or opening Herbs and Roots to cause it to work the better
 (it self being but weak) is very effectual for the Liver and
 Spleen, opening the Obstructions therof, and clarifying the
 Bloud from saltish, Chollerick, and Adust humors, which cause
 Leprosy, Scabs, Tettors, and Itches, and such like breakings out
 of the skin, and after the purging, doth strengthen al the in-
 ward parts : It is good also against the yellow Jaundice, and
 spendeth it by Urine, which it procureth in abundance. The
 Powder of the dried Herb given for som time together, cureth
 Melancholly, but the seed is strongest in operation for al the
 former Diseases. The distilled Water of the Herb is also of good
 effect in the former Diseases, and conduceth much against the
 Plague and Pestilence, being taken with good Treacle. The Dis-
 tilled Water also, with a little Water and Honey of Roses help-
 eth al the sores of the Mouth or Throat, being gargled often
 therewith. The juyce dropped into the Eyes, cleareth the sight,
 and taketh away redness, and other defects in them, although it
 procure som pain for the present, and cause tears. *Dioscorides*
 saith, It hindereth any fresh springing of Hairs on the Eye-lids
 (after they be pulled away) if the Eye-lids be anointed with the
 juyce hereof with Gum *Arabick* dissolved therein. The juyce of
 Fumitory and Docks mingled with Vinegar, and the places
 gently washed or wet therewith, cureth al sorts of Scabs, Pimples,
 Itches, Wheals, or Pushe, which arise on the Face or Hands, or any other
 part of the Body.

The Furf-Bush.

IT is so wel known, as wel by this name, as in som Countries by the name
Goss, or *whins*, that I shal not need to write any Description therof, my
 intent being to teach my Country-men what they know not, rather than to
 tel them again of that which is generally known before.

Place.] They are known to grow on dry barren Heaths, and other wast
 gravelly or sandy Grounds in al Countries of this Land.

Time.] They also Flower in the Summer Months.

Government and Vertues.] *Mars* owns the Herb. They are hot and dry
 good to open Obstructions of the Liver and Spleen. A De-
 coction made with the flowers therof, hath been found ef-
 fectual against the Jaundice, as also to provoke Urine, and
 cleanse the Kidneys from Gravel, or Stones, ingendered in
 the *Disury*, Gravel, them. *Mars* doth al this by Sympathy.

Stone.

Garlick.

Garlick.

THe offensiveness of the breath of him that hath eaten Garlick will lead you by the Nose to the knowledg hereof, and (instead of a Description) direct you to the place where it groweth in Gardens, which kinds are the best, and most Physicall.

Government and Vertues.] *Mars* owns this Herb. This was anciently accounted the Poormans Treacle, it being a remedy for al Diseases or hurts except those which it self breeds) It provoketh Urine and Womens Cour-
 ses, helpeth the biting of a mad Dog, and other venomous
 Creatures : killeth Worms in Children, cutteth and avoi-
 deth tough flegm, purgeth the head, helpeth the Lethargy,
 is a good preservative against, and a remedy for any Plague-
 sore, or foul Ulcer : taketh away spots and blemishes in the
 skin, easeth pains of the ears, ripeneth and breaketh Impo-
 sthumes or other swellings : And for al these Diseases, the
 Onions are also effectual. But the Garlick hath some more
 peculiar Vertues besides the former, viz. It hath a special
 quality to discuss the inconveniences coming by corrupt A-
 gues or Mineral vapors, or by drinking corrupt and stinking
 Waters ; as also by taking of Wolf-bane, Henbane, Hem-
 lock, or other poysonful and dangerous herbs. It is also held
 good in Hydropick Diseases, the Jaundice, Falling-sickness
 Cramps, Convulsions, the Piles or Hemorrhoids or other
 cold Diseases.

Many Authors quote many Diseases this is good for, but conceal its Vices : Its heat is very vehement, and al vehement hot things send up but ill favor'd vapors to the Brain : in Chollerick men 'twil ad fuel to the fire, in men oppressed by Melancholly, 'twil attenuate the humor, and send up strange Fancies, and as many strange Visions to the Head : therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it.

Gentian, Felwort, or Baldmony.

IT is confessed that Gentian which is most used amongst us, is brought o- ver from beyond Sea : yet have we two sorts of it growing frequently in our Nation, which besides the Reasons so frequently alleadged, Why Eng- lish Herbs should be fittest for English bodies ? hath been proved by the ex- perience of divers able Physicians to be not a whit inferior in Vertue to that which cometh from beyond Sea : therefore be pleased to take the Descrip- tion of them as followeth.

Description.] The greater of the two hath many smal long Roots thrust down deep in the ground, and abiding al the winter. The stalks are sometime more, sometimes fewer, of a brownish green colour, which is sometime two foot high, if the ground be fruitful, having many long, narrow, dark green Leavs, set by couples up to the top : the Flowers are long and hollow, of a purple colour, ending in five corners. The

The smaller sort which is to be found in our Land, groweth up with dry Stalks not a foot high, parted into several smal branches, wheron smal Leavs together, very like those of the lesser Centaury or whitish colour; on the top of the stalks grow divers perfect blue Flowers, standing in long husks, but not so big as the other: the Root is very smal, and few herbs.

Place.] The first groweth in divers places both of the East and West Countries, and as wel in wet as in dry Grounds, as neer Long-field Graves-end neer Cobham in Kent, neer Lellingstone in Kent, also in Chalky-pit hard by a Paper-mill not far from Dartford in Kent.

The Second groweth also in divers places in Kent, as about Southfleet and Longfield upon Barton hills in Bedfordshire: also not far from St Albans upon a piece of wast Chalky ground as you go out of Dunstable way toward Gorkambury.

Time.] They Flower in August.

Government and Vertues.] They are under the Dominion of Mars, and is one of the principallist Herbs he is Ruler of. They resist Putrification

Poyson,	found to prevent the Pestilence than it is. It strengthens
Pestilence,	Stomach exceedingly, and helps Digestion, it preserves
Stomach,	Heart, and preserves it against Fainting and Swooning,
Indigestion,	Powder of the dry Roots helps the biting of mad-Dogs,
Heart, preser-	Venemous Beasts, opens Obstructions of the Liver,
vetb, Fainting,	restoreth an Appetite to their Meat to such as have lost it
Swooning, Bi-	The Herb steeped in Wine, and the Wine drunk, refreshes
ting of mad-	such as are over-weary with Travel, and are grown lame
dogs, venemous	their joynts either by cold or evil lodgings: It helps stiches
Beasts, Liver,	and griping pains in the Sides: and is an excellent Remedy
Appetite, Weari-	ness, Joynts, for such as are Bruised by Falls: It provokes Urine, and
ness, Joynts,	Terms exceedingly, therefore let it not be given to Women
Stitches, Sides,	Bruises, Urine with Child: The same is very profitable for such as
Bruises, Urine	provokes, Cramp troubled with Cramps and Convulsions to drink the Decoction
provokes, Cramp	stone, Ruptures tures most certainly: It is very excellent in al cold Diseases
Convulsions,	tough Flegm, and for such as are troubled with tough Flegm, Scabs, Itch,
stone, Ruptures	scabs, Itch, sores or any fretting Sores and Ulcers: It is an admirable Remedy
tough Flegm,	Ulcers, Worms, dy to kil the Worms by taking half a dram of the Powder
scabs, Itch, sores	Kings-Evil, Agues of al sorts, and the yellow Jaundice, as also the
Ulcers, Worms,	Jaundice, Eots in Cattel: when Kine are bitten on the Udder by any venemous
Kings-Evil, A-	Agues of al sorts, and the yellow Jaundice, as also the
gues, yellow-	any of these, and it wil instantly help them.
Jaundice, Eots	
Venem. Beasts.	

Clove-gilli-Flowers.

It is in vain to describe an Herb so well known.

Government and Vertues.] They are gallant fine temperate Flowers, of the nature, and under the Dominion of *Jupiter*; yea, so temperate, that no excess, neither in heat, cold, driness, nor moisture can be perceived in them: they are great strengthners both of the Brain and Heart, and will therefore serve either for Cordials or Cephalicks as your occasion will serve: There is both a Syrup and a Conserve made of them, and of them alone commonly to be had at every *Apothecaries* to take now and then a little of either, strengthens Nature much in such as are in Consumptions. They are also excellent good in hot Pestilential Feavers, and expel Poyson.

Germander.

Script.] **C**ommon Germander shooteth forth sundry stalks with small and somewhat round Leavs, dented about the edges: The flowers stand at the tops, of a deepe purple colour: The Roots is composed of divers sprigs, which shoot forth a great way round about, quickly overgrowing a Ground.

Place.] It groweth usually with us in Gardens.

Time.] And Flowereth in *June*, or *July*.

Government and Vertues.] It is a most prevalent Herb of *Mercury*; and strengthens the Brain and Apprehension exceedingly: you may see what humane Vertues are under *Mercury* in the latter end of my *Ephemerus* for 1651 strengthen them when weak; relieve them, when drooping, by this Herb. This taken with Hony (saith *Dioscorides*) is a remedy for Coughs, for hardness of the Spleen, and difficulty of Urin, and helpeth those that are fallen into a Dropisie, especially at the beginning of the Disease, a Decoction being made therof when it is green, and drunk: It also bringeth down Womens Courses, and expelleth the dead Child: It is most effectual against the Poyson of all Serpents, being drunk in Wine and the bruised Herb outwardly applyed, used with Hony, it cleanseth old and foul Ulcers, and made into an Oyl, and the Eyes anointed therewith, taketh away their driness and moistness: It is likewise good for the pains in the sides, and Cramps. The Decoction therof taken for some daies together, driveth away and cureth both Tertian and Quartan Agues. It is also good against all Diseases of the Brain, as continual Head-ach, Falling-sickness, Melancholly Drow-sines and Dulness of Spirit, Convulsions, and Palsies. A

Dram of the Seed taken in Poudre, purgeth by Urin, and is good against the yellow Jaundice. The juyce of the Leavs dropped into the Ears, killeth the Worms in them. The tops therof when they are in flower steeped twenty four hours in a draught of white Wine and drunk, killeth Worms in the Bel-

Stinking Gladwin.

Descript.] **T**his is one of the kinds of flower-de-luces, having divers Leavs rising from the Roots very like a Flower-de-luce, but that they are sharp edged on both sides, and thicker in the middle, of a deeper green color, narrower and sharper pointed, and of a strong ill scent if they be bruised between the fingers: In the middle riseth up a reasonable strong stalk a yard high at least, beareth 3 or 4 Flowers at the top, made somewhat like the Flowers of the Flower-de-luce, with three upright leavs of a dead purplish Ash-color with some Veins discoloured in them, the other three do not fall down, nor the three other smal ones are so arched, nor cover the lower Leavs as the Flowerdeluce doth, but stand loose, or asunder from them: After they are past, ther come up three square hard husks opening wide into three parts when they are ripe, wherein lie reddish seed, turning black when it hath abidden long: The Root is like that of the Flower-de-luce, but reddish on the out-side, and whitish within, very sharp and hot in taste, of as evil a scent as the Leavs.

Place.] This groweth as wel on the Up-land grounds as also in moist places, in Woods, and shadowy places by the Sea-side in many places of this Land, and is usually nursed up in Gardens.

Time.] It flowereth not until July, and the seed is ripe in August or September, yet the Husks after they are ripe, opening themselves, will hold their seeds within them for 2 or 3 Months, and not shed them.

Government and Vertues.] It is supposed to be under the Dominion of Saturn. It is used by many Country people to purge corrupt

Flegm, Choller, Head, Cramp Convulsion Gout, Sciatica, Belly-ach, Strangury, Fluxes, Terms provokes, Diswy, Spleen, Wounds, Splinters, Thorns, Broken Bones, Kings E- vil, Itch, Scabs,	Flegm and Choller, which they do by drinking the Decoction of the Roots, and some to make it work more gently, do but infuse the sliced Roots in Ale, and some take the Leavs which serveth wel for the weaker stomachs. The juyce hereof put up, or snuffed up the Nose, causeth sneezing, and draweth from the Head much corruption; and the Pouder therof doth the same: The Pouder therof drunk in Wine, helpeth those that are troubled with Cramps and Convulsion, or with the Gout or Sciatica, and giveth ease to those that have any griping pains in their Body or Belly, and helpeth those that have the Strangury. It is given with much profit to those that have had long Fluxes by the sharp and evil quality of humors, which it stayeth, having first clenfed and purged them by the drying and binding property therin. The Root boyled in Wine and drunk, doth effectually procure Womens Courtes, and used as a Pessary, worketh the same effects, but causeth Abortion in Women with Child. Half a dram of the seed beaten to Pouder, and taken in Wine, doth speedily cause one to piss which otherwise cannot. The same taken with Vinegar, dissolveth the hardness and swellings of the Spleen. The Root is very effectual in al Wounds, and especially of the Head, as also to draw forth any Splinters, Thorns, Broken Bones, or any other thing sticking in the Flesh, without cau-
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ling

Blemishes in the Skin. sing pain, being used with a little Verdigreese and Hony, and the great Centaury Root: The same boyled in Vinegar and laid upon any Tumor or Swelling, doth very effectually dissolve and consume them, yea even the swellings of the Throat called the Kings-evil. The juyce of the Leavs and Roots healeth the Itch, and al running or spreading Scabs or Sores, and Blemishes, or Scars in the Skin whersoever they be.

Golden Rod.

Descript.] **T**His riseth up with brownish smal round stalks, two foot high and sometimes more, having thereon many narrow and long dark green leavs, very seldom with any dents about the edges, or any streaks or white spots therein, yet they are sometimes so found, divided at the tops into many smal branches, with divers smal yellow Flowers on every one of them, all which are turned one way, and being ripe do turn into Down; and are carried away with the wind. The Root consisteth of many smal fibres which grow not deep in the ground, but abideth al the winter therein, shooting forth new branches every year, the old ones dying down to the ground.

Place.] It groweth in the open places of Woods, and Copyses both moist and dry grounds in many places of this Land.

Time.] It Flowereth about the Month of July.

Government and Vertues.] Venus claims the Herb, and therefore to be sure, it restores Beauty lost. *Arnoldus de villa nova*, commendeth it much against the Stone in the Reins and Kidneys, and to provoke Urin in abundance, wherby also the Gravel or Stone may be avoided. The Decoction of the Herb green or dry, or the distilled Water therof is very effectual for inward Bruises, Disury, wounds as also to be outwardly applyed, it stayeth bleedings in any Flux, Bloody- part of the Body, and of Wounds also, the Fluxes of Hups, Terms, Ruptures, Sore ulcers, Sore Mouth, and Throat, Teeth-loose. less prevalent in al Ruptures or Burstings, being drunk inwardly and outwardly applyed. It is a soveraign Wound-Herb, inferior to none, both for inward and outward hurts; green Wounds, and old Sores, and Ulcers are quickly cured therewith. It is also of especial use in al Lotions for Sores, or Ulcers in the Mouth, Throat, or privy Parts of man or Woman. The decoction also helpeth to fasten the Teeth that are loose in the Gums.

Goutwort, or Herb-Gerrard.

Descript.] **T**His is a low Herb seldom rising half a yard high, having sundry Leavs standing on brownish green stalks by threes, snipped about, and of a strong unpleasant savor. The umbels of Flowers are white, and the Seed blackish, the Root runneth in the Ground, quickly taking up a great deal of room.

Place.] It groweth by Hedg and Wall sides, and often in the Borders or Corners of Fields, and in Gardens also.

Time.] It Flowereth and Seedeth about the end of *July*.

Government and Vertues.] Saturn rules it: neither is it to be supposed Goutwort had not his name for nothing, but upon good experience to help the cold Gout, and Sciatica, as also Joynt-aches, and other cold Griets. The very bearing of it about one, easeth the pains of the Gout, & defends him that bears it from the disease.

Gromel.

OF this I shal briefly describe three kinds, which are principally used in Physick, the Vertues wherof are alike, though somewhat different in their manner and form of growing.

Description.] The greater *Gromel* groweth up with slender hard and hairy stalks trailing and taking Root in the ground as it lyeth thereon, and parted into many other smaller branches with hairy dark green leavs thereon. At the Joynts with the Leavs come forth very smal blue flowers, and after them hard stony roundish seed. The Root is long and Woody, abiding the winter, and shooting forth fresh stalks in the Spring.

The *smal wild Gromel* sendeth forth divers upright hard branched stalks two or three foot high, ful of joynts, at every of which groweth smal, long, hard, and rough Leavs like the former but lesser, among which Leavs come forth smal white Flowers, and after them grayish round Seed like the former. The Root is not very long, but with many strings therat.

The *garden Gromel* hath divers upright slender woody hairy stalks brown and crested, very little branched, with leavs like the former, and white Flowers, after which in rough brown Husks is contained a white hard round Seed, shining like Pearls, and greater than either of the former: The Root is like the first Described, with divers Branches and Strings thereat; which continueth (as the first doth) al Winter.

Place.] The two First grow wild in barren or untilled places, and by the Way sides in many places of this Land. The last is a Nursling in the Gardens of the curious.

Time.] They al Flower from *Midsummer* unto *September* sometimes, and in the mean time the seed ripeneth.

Government and Vertues.] The Herb belongs to Dame *Venus*, and therefore if *Mars* cause the Chollick or Stone, as usually he doth if in *Virgo*: this is your Cure. These are accounted to be of as singular force as any other Herb or Seed whatsoever, to break the Stone, Gravel, and to avoid it and the Gravel either in the Reins or Bladder: as *Strangury*, also to provoke Urine being stopped, and to help the *Strangury*. *Travel in Women.* The Seed is of greatest use; being bruised and boyled in white Wine, or in Broth, or the like, or the Poulder of the Seed taken therein: Two drams of the Seed in Poulder taken with *Womens Breast-milk*, is very effectual to procure a speedy Delivery to such Women as have sore pains in their Travel, and cannot be delivered. The Herb it self (when the Seed is not to be had) either boyled, or the juyce thereof drunk, is effectual to al the purposes aforesaid, but not so powerful or speedy in operation.

Goosberry Bush.

Called also Feapberry, and in *Suffex* Dewberry Bush, and in some Countries Wine-berries.

Government and Vertues.] They are under the Dominion of *Venus*. The Berries whilst they are unripe being scalded or baked, are good to stir up a fainting or decaying Appetite, especially such whose Stomachs are afflicted by Chollerick humors: They are excellent good to stay the Longings of women with Child: They may easily keep them preserved with Sugar al the yeer long. The Decocti-
Appetite, sto- on of the Leavs of the Tree cools hot swellings and Infla-
mach, womens mations, as also St. Antonies fire. The ripe Goosberries
Longing, being eaten, are an excellent remedy to allay the violent heat
Swellings, both of the Stomach and Liver. The yong and tender
Inflamations, Leavs break the Stone, and expel Gravel both from the
St. Antonies Kidneys and Bladder: Al the evils they do to the Body of Man is, they
fire, stomach, are supposed to breed Crudities, and by Crudities, Worms.
Liver, stone,
Gravel,
worms.

Kidneys and Bladder: Al the evils they do to the Body of Man is, they are supposed to breed Crudities, and by Crudities, Worms.

Winter Green.

Descript.] **T**His sendeth forth seven, eight, or nine Leavs from a smal brownish creeping Root, every one standing upon a long Footstalk, which are almost as broad as long, round pointed, of a sad green color, and hard in handling, and like the Leaf of a Pear-tree, from whence ariseth a slender weak Stalk, yet standing upright, bearing at the top many smal, white, and sweet smelling Flowers, laid open like a Star, consisting of five round pointed Leavs, with many yellowish thrids standing in the middle, about a green Head, and a long stile with them, which in time groweth to be the Seed Vessel, which being ripe is found five square with a smal point at it, wherein is contained Seed as smal as dust.

Place.] It groweth seldom in the Fields, but frequently in the Woods Northwards, viz. In *Yorkshire*, *Lancashire*, and *Scotland*.

Time.] It flowreth about *June* or *July*.

Government and Vertues.] Winter-green is under the Dominion of *Saturn*, and is a singular good Wound Herb, and an especial Remedy for to heal green Wounds speedily, the green Leavs being bruised and applied, or the Juyce of them: A Salve made of the green Herbs stamped, or the Juyce boyled with Hogs Lard, or with Sallat Oyl and Wax, and some Turpentine added unto it, is a Sovereign salve, and highly extolled by the Germans, who much use it to heal al manner of Wounds and Sores. The Herb boyled in Wine and Water, and given to drink to them that have any inward Ulcers in their Kidnies, or Neck of the Bladder, doth wonderfully help them: It staieth also al Fluxes, whether of Blood or Humors, as the Lask, bloody flux, Womens Courses, and bleeding of wounds, and taketh away any infla-
wounds,
ulcers,
Kidneys,
Bladder,
Flux,
bloody
flux,
Terms,
stops,
Inflamati-
ons,

Cankers,
fistulaes.

mation rising upon pains of the Heart. It is no less helpful for
soul Ulcers hard to be cured, as also for Cankers or Fistulaes.
The distilled water of the Herb doth effectually perform the
same things.

Groundsel.

Descript.] Our common Groundsel hath a round, green, and somewhat brownish Stalk, spread toward the top into Branches, set with long, and somewhat narrow green Leaves cut in on the edges, somewhat like the Oak Leaves, but lesser, and round at the ends; at the tops of the Branches stand many smal green Heads, out of which grow smal yellow threds or thrums, which are the Flowers, and continue many daies blown in that manner before it pass away into Down, and with the Seed is carried away in the wind. The Root is smal and threddy, and soon perissheth, and as soon riseth again of its own sowing, so that it may be seen many months in the year, both green, and in flower, and seed, for it wil spring and seed twice in a year at least if it be suffered in a Garden.

Place.] This groweth almost every where, as wel on the tops of Wals, as at the foot among Rubbish, and untilled grounds, but especially in Gardens.

Time.] It Flowreth as is said before, almost in every Month through the year.

Government and Vertues.] This Herb is Venus her Mris. piece, and is as gallant an Universal Medicine for al Diseases coming of heat whatsoever they be, or in what part of the Body soever they lie, as the Sun shines upon; 'tis very safe and friendly to the Body of man, yet causeth Vomiting if the Stomach be afflicted, if not, purging, and it doth it with more gentleness than can be expected. 'Tis moist and somewhat cold withal, thereby causing expulsion, and repressing the heat caused by the motion of the internal parts in Purges and Vomits: Lay by your Learned Receipts, Take so much Senna, so much Scammony, so much Colocynthis, so much Infusion of *Crocus Metallorum*, &c. this Herb alone preserved in a Syrup, in a distilled Water, in an Oyntment, shal do the deed for you in al hot Diseases, and it shal do it, 1. Safely, 2. Speedily.

Choller
in the
Stomach,
yell ow
Jaundice,
Falling-
sickness,
Disury,
Gravel,
Sciatica,
Chollick,
Liver,
Terms
provokes,
Womens,
Breasts,
Privy-
parts,
Arteries
Joints
& sinews
over

The Decoction of the Herb (saith *Dioscorides*) made with Wine and drunk, helpeth the pains of the Stomach proceeding of Choller (which it may wel do by a Vomit, as dayly experience sheweth) The Juyce hereof taken in Drink, or the Decoction of it in Ale, gently performeth the same: It is good against the Jaundice and Falling-sickness, being taken in Wine; as also against difficulty of making Water; it provoketh Urin, expelleth Gravel in the Reins or Kidneys; a dram thereof given in Oximel, after some walking or stirring the Body; It helpeth also the Sciatica, griping of the Belly and the Chollick, helpeth

heated,
Kernels,
Wounds
in the
Sinews,
Inflamati-
ous in the
Eyes.

helpeth the defects of the Liver, and provoketh Womens Cour-
les. The fresh Herb boyled and made into a Pultis and applied
to the Breasts of Women that are swollen with pain and heat,
as also to the privy Parts of Man or Woman, the Seat, or Fun-
dament, or the Arteries, Joynts, and Sinews when they are infla-
med and swoln, doth much ease them: and used with some Salt
helpeth to dissolve Knors or Kernels in any part of the Body.
The Juyc of the Herb or (as *Dioscorides* saith) the Leavs and
Flowers with some Fine Frankinsence in Pouder, used in
Wounds of the Body, Nervs, or Sinews, doth singularly help to heal them.
The Distilled Water of the Herb performeth wel al the aforesaid Cures,
but especially for Inflammations or watering of the Eyes by reason of the De-
fluxion of Rhewm into them.

Harts-ease.

THis is that Herb which such Physicians as are Licensed to blaspheme
by Authority without danger, having their tongues bored through
with a hot Iron, cal an Herb of the Trinity; it is also called by those that
are more moderate, Three Faces in a Hood, Live in Idleness, Cul-me-to-
you; and in *Sussex* we cal them Pansies.

Place.] Besides those which are brought up in Gardens, they grow com-
monly about, wild in the Field, especially in such as are very barren; som-
times you may find it on the tops on high hills.

Time.] They Flower al the Spring and Summer long.

Government and Vertues.] The Herb is really Saturnine,
French Pox, something cold viscous, and slimy: A strong Decoction of
Convulsions, the Herbs and Flowers (if you wil you may make it into a Sy-
*falling-sick-*rup, or distilled in an Alembick with what Vehcle you pleas)
*ness, infla-*is an excellent Cure for the French Pox, the Herb being a
*mations in*gallant Antivenerian; and that Antivenerians are the best
*the Breast*Cure for that Disease, far better and safer than to torment
and Lungs, them with the Flux divers forraign Physitians have confessed:
Pleuresie, The Spirit of it is excellent good for the convulsions in Chil-
Scabs, dren, as also for the Falling-sickness, and a gallant remedy
Itch. for Inflammations of the Luugs and Breast, Pleuresie, Scabs,
Itch, &c. It is under the Cœlestial Sign *Cancer*.

Hartichokes.

THe Latins cal them *Cinera*, only our Colledg cals them *Artichokus*.
Government and Vertues.] They are under the Dominion of *Venus*
and therefore it is no marvel if they provoke Lust much, as in-
deed they do, being something windy meat, and yet they stay the
involuntary course of Natural Seed in Man, which is commonly
called Nocturnal Polutions. And here I care not greatly if I
quote a little of *Galens* nonsense in his Treatise of the Faculties
of Nourishments, he saith they contain plenty of Chollerick
Juyc

by Urin. Juyce (which notwithstanding I can scarcely beleeeve) of which he saith is ingendred Melancholly Juyce, and of that Melancholly Juyce, thin Chollerick Blood; but to proceed: this is certain, That the Decoction of the Root boyled in Wine, or the Root bruised and distilled in Wine in an Alembick, and being drunk purgeth by Urin exceedingly.

Harts-Tongue.

Descript.] **T**His hath divers Leavs rising from the Root, every one severally, which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but hard and with little Sap in them, and straked on the back athwart on both sides of the middle Rib, with smal and somewhat long brownish marks; the bottoms of the Leavs are a little bowed on each side of the middle Rib somewhat narrow with the length, and somewhat smal at the end. The Root is of many black threads, folded or interlaced together.

Time.] It is green al the Winter, but new Leavs spring every year.

Government and Vertues.] Jupiter claims Dominion over this Herb, therefore is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what: you should do wel to keep it in a Syrup al the year, for though Authors say

'tis green al the year, I scarce beleev it. Harts-Tongue is much commended against the hardness and stoppings of the Spleen and Liver, and against the heat of the Liver and Stomach, and against Lasks and the bloody Flux: The distilled Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Pallar, and stay the bleeding of the Gums being gargled in the mouth. Dioscorides saith it is good against the stinging or biting of Serpents.

Beasts, As for the use of it, my Directions at latter end will be sufficient, and enough for those that are studious in Physick to whet their Brains upon for one year or two.

The Hazel Nut.

Hazel Nuts are so wel known to every Boy, that they need no Description.

Government and Vertues.] They are under the Dominion of Mercury. The parched Kernels made into an Electuary, or the milk drawn from the Kernels with Mead or Honeyed Water, is very good to help an old Cough; and being parched and a little Pepper put to them and drunk, digesteth the distillations of Rheum from the Head. The dried Husks and Shels to the weight of two drams taken in red Wine, stayeth Lasks, and Womens Courses, and so doth the red Skin that covers the Kernels which is more effectual to stay Womens Courses.

And if this be true as it is, then why should the Vulgar so familiarly affirm,

firm, That eating Nuts causeth shortness of breath, than which nothing is falser; for how can that which strengthen the Lungs cause shortness of breath? I confesse the Opinion is far older than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders; or are mens tongues so given to slandering one another that they must slander Nuts too, to keep their tongues in ure? If any thing of the Hazel Nut be stopping 'tis the Husks and Shells, and no body is so mad to eat them unless Physically, and the red Skin which covers the Kernel which may easily pul off. And thus have I made an Apology for Nuts which cannot speak for themselves.

Hawkweed.

Descript.] **I**T hath many large Leavs lying on the ground, much rent or torn on the sides into many gashes like Dandelyon, but with greater parts more like the smooth Sow-Thistle, from among which ariseth a hollow rough stalk two or three foot high branched from the middle upward, wherein are set at every Joynt longer Leavs, little or nothing rent or cut in, bearing at their top sundry pale yellow Flowers consisting of many smal narrow Leavs, broad pointed, and nicked in at the ends, set in a double row or more, the outermoit being larger than the inner, which form most of the Hawkweeds (for there are many kinds of them) do hold, which turn into Down, and with the smal brownish Seeds, is blown away with the wind: The Root is long and somewhat greater, with many smal fibres therat. The whol is ful of bitter milk.

Place.] It groweth in divers places about Field sides, and the Path-waies in dry grounds.

Time.] It flowreth and flies away in the Summer Months.

Government and Vertues.] Saturn owns it. Hawkweed (saith *Dioscorides*) is cooling, somewhat drying and binding, and therefore good for the heat of the Stomach, and gnawings therin, for Inflammations, and the hot fits of Agues. The Juyce therof in Wine, helpeth digestion, dissueth wind, hindreth crudities abiding in the Stomach, and helpeth the difficulty of making Water, the biting of venomous Serpents, and sting of the Scorpion, if the Herb be also outwardly applied to the place, and is very good against al other Poysons. A scruple of the dried Juyce given in Wine and Vinegar is profitable for those that have the Droffie. The Decoction of the Herb taken with Honey, digesteth thin flegm in the Chest or Lungs, and with Hyssop helpeth the Cough. The Decoction therof and of wild Succory made with Wine and taken helpeth the wind chollick and hardnells of the Spleen, it procureth rest and sleep, hindreth Venery and Venerious Dreams, cooleth heats, purgeth the Stomach, encreaseth blood, and helpeth the diseases of the Reins and Bladder. Outwardly applied it is singular

Heat, salt
flegm, Convul-
sion, Cramp,
Freckles, spots,
Morphew,
Wrinkles.

singular good for al the defects and diseases of the Eyes, u-
sed with some Womens Milk, and is used with good success
in fretting or creeping Ulcers, especially in the beginning.
The green Herb bruised, and with a little Salt applied to a-
ny place burnt with fire before blisters do arise, helpeth
them, as also Inflammations, St. Anthonies fire, and al Pu-
shes, and Eruptions, Heat, and salt Flegm. The same ap-
plied with Meal and fair Water in manner of a Pultis to any place affected
with Convulsions and the Cramp, or such as are out of Joynt doth give
help and ease. The distilled water clementh the Skin and taketh away freck-
les, Spots, the Morphew or Wrinkles in the face.

The Hawthorn.

IT is not my intent to trouble you with a Description of this Tree, which
is so wel know that it needeth none.

It is ordinarily but a Hedg Bush, although being pruned and dressed, it
groweth to be a Tree of a reasonable height.

As for the Hawthorn Tree at *Glastenbury*, which is said to Flower yearly
on *Christmas Day*, it rather shews the Superstition of those who observe it
for the time of its Flowring, than any great wonder, sith the like may be
found in divers other places of this Land; as in *Whey-street* in *Rumney*
Marsh, and neer unto *Namptwich* in *Cheshire* by a place called *White Green*,
where if the Winter be mild, they will have white Blossoms al over before
and about *Christmas*; as in *May* if the weather be frosty, it flowreth not un-
til *January*, or that the hard weather be over.

Government and Vertues.] It is a Tree of *Mars*. The Berries, or the
Seeds in the Berries beaten to Pouder and drunk in Wine, are
held singular good against the Stone, and are good for the
Stone, Drop sic, The distilled Water of the Flowers stayeth the Lusk.
Flux, The Seeds cleered from the Down, bruised and boyled in Wine
Inward and drunk is good for inward tormenting pains: If cloathes and
pains, sponges be wet in the said distilled water and applied to any place
Splinters, wherein Thorns, Splinters, or the like, do abide in the Flesh,
Thorns. it wil notably draw them forth.

And thus you see the Thorn gives a Medicine for his own
pricking, and so doth almost every thing elf.

Hemlock.

Descript.] **T**He common great Hemlock groweth up with a green stalk,
four or five foot high or more, ful of red spots somtimes,
and at the Joynts very large winged Leavs set at them which are divided
into many other winged Leavs, one set against another, dented about the ed-
ges, of a sad green color branched towards the top where it is full of umbels
of white Flowers, and afterwards with whitish flat Seed: The Root is long,
white, and somtimes crooked and hollow within; the whol Plant and ever-
ry part bath a strong, heady, and isavor'd stent, much offending the Senses.
Place.]

Place.] It groweth in al Countries of this Land by Wals and Hedges sides, in wast grounds and untilled places.

Time.] It flowreth and seedeth in *July*, or thereabouts.

Government and Vertues.] *Saturn* claims Dominion over the Herb; yet I wonder why it may not be applied to the Privities in a Priapismus, or continual standing of the Yard, it being very beneficial for that Disease; I suppose my Authors Judgment was first upon the opposite Disposition of *Saturn* to *Venus* in those Faculties, and therefore he forbid the applying of it to those parts that it might not caus Barrenness, or Spoil the Spirit Procreative, which if it do, yet applied to the Privities it stops

Lechery. lustful thoughts. Hemlock is exceeding cold, and very dangerous, especially to be taken inwardly: It may safely be applied to Inflammations, Tumors, and Swelling in any part of the Body (save the privy Parts) as also to St. Anthonies tire, Wheals Pusshes, and creeping Ulcers that rise of hot sharp Humors, by cooling & repelling the heat. The Leavs bruised & laid to the Brow or Forehead, is good for their Eyes that are red and Swollen, as also to take away a Pin and Web growing in the Eye, this is a tried Medicine: Take a smal handful of the Herb, and half so much Bay Salt beaten together, and applied to the contrary

Wrest of the Hand for twenty four hours, doth remove it in thrice dressing. If the Root hereof be roasted under the Embers, wrapped in double wet Papers, until it be soft and tender, and then applied to the Gout in the Hands or Fingers, it wil quickly help this evil. If any shal through mistake eat the Herb Hemlock instead of Parsly, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of Phrensie, or perturbation of the Sences, as if they were stupified or drunk, the Remedy is as *Pliny* saith, To drink of the best and strongest pure Wine, before it strike to the Heart, or Gention put into Wine, or a draught of good Vinegar, wherewith *Tragus* doth affirm that he cured a Woman that had eaten the Root.

Hemp.

THis is so wel known to every good Huswife in the Country, that I shal not need to write any Description of it.

Time.] It is sown in the end of *March*, or beginning of *April*, and is ripe in *August* or *September*.

Government and Vertues.] It is a Plant of *Saturn*, and good for something else you see than to make Halers only. The Seed of Hemp consumeth Wind, and by the much use thereof disperseth it so much that it drieth up the natural Seed for Procreation; yet being boyled in Milk and taken, helpeth such as have a hot dry Cough. The Dutch make an Emulsion out of the Seed, and give it with good success to those that have the Jaundice, especially in the beginning of the Disease if there be no Ague accompanying it, for it openeth Obstructions of the Gall, and causeth

Bleeding;
Worms,
Earwigs,
Inflama-
tion,
Gout,
Sinews
shrink.

causeth digestion of Choller. The Emulsion or Decoction of the Seed stayeth Lasks and continual fluxes, easeth the Chollick, and allayeth the troublesome humors in the Bowels, and stayeth bleeding at the Mouth, Nose, or other place, som of the Leavs being fried with the blood of them that bleed, and so given them to eat. It is held very good to kil the Worms in man or beast, and the Juyce dropped into the Ears, killeth Worms in them, and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammations in the Head or any other parts; the Herb it self, or the distilled Water thereof doth the like: The Decoction of the Roots easeth the pains of the Gout, the hard tumors or knots in the Joynts, the pains and shrinking of the Sinews, and the pains of the Hips: The fresh Juyce mixed with a little Oyl and Butter, is good for any place that hath been burnt with fire, being thereto applied.

Henbane.

Descript.] **O**ur common Henbane hath very large, thick, soft, woolly Leavs lying upon the ground, much cut in or torn on the edges, of a dark ill grayish green color, among which rise up divers thick and short Stacks two or three foot high, spread into divers smaller branches with lesser Leavs on them, and many hollow Flowers scarce appearing above the Husks, and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow color, somewhat paler toward the edges, with many purplish Veins therein, and of a dark yellowish purple in the bottom of the Flower, with a smal pointel of the same color in the middle, each of them standing in a hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much smal Seed very like Poppy Seed, but of a duskie grayish color. The Root is great, white, and thick, branching forth divers waies under ground, so like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whol Plant more than the Root hath a heavy ill soporiferous smel somewhat offensive.

Place.] It commonly groweth by the way sides, and under Hedg sides and Walls.

Time.] It Flowreth in July, and springeth again yeerly of its own Seed.

I doubt my Authors mistook July for June, if not for May.

Government and Vertues.] I wonder in my heart how Astrologers could take on them to make this an Herb of Jupiter, and yet Mizaldus, a man of a penetrating Brain, was also of that Opinion as wel as the rest; the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument,

All the Herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whol Cart loads of it may be found neer the places where they empty the common Jakes,

Jakes, and scarce a stinking Ditch to be found without it growing by it.
Ergo 'tis an Herb of Saturn.

The Leavs of Henbane do cool all hot Inflammations in the
Inflama- Eyes, or any other part of the Body ; and are good to assuage
tion, al manner of swellings of the Cods or Womens Breasts, or else-
Cods, where, if they be boyled in Wine, and either applied themselvs
Womens or the Fomentation warm ; it also asswageth the pain of the
Breasts, Gout, the Sciatica, and al other pains in the Joynts which arise
Gout, from an hot caus. And applied with Vinegar to the Forehead
Sciatica, and Temples, helpeth the headach and want of sleep in hot
Joynts, Feavers. The Juyce of the Herb or Seed, or the Oyl drawn
watching, from the Seed doth the like. The Oyl of the Seed is helpful
Deafness, for the Deafness, Noisse, and Worms in the Ears, being drop-
Noise in ped therein ; the Juyce of the Herb or Root doth also the same.
the Ears, The Decoction of the Herb or Seed, or both, killeth Lice in
chilblains, Man and Beast. The fume of the dried Herb, Stalks, and Seed
Kibes, burned, quickly healeth Swellings, Chilblains, or Kibes in the
Hands or Feet, by holding them in the fume therof. The Re-
medy to help those that have taken Henbane, is to drink Goats Milk, Ho-
neyed Water, or Pine Kernels, with Sweet Wine : or in the absence of these,
Fennel Seed, Nettle Seed, the Seed of Cresses, Mustard, or Rhadish, as al-
so Onions, or Garlick taken in Wine, do al help to free them from danger,
and restore them to their due temper again.

Take notice that this Herb must never be taken inwardly ; outwardly, an
Oyl, Oyntment, or Plaister of it, is most admirable for the
French Gout, to cool the Venerial heat of the Reins in the French
Pox. Pox, to stop the Toothach being applied to the aching side,
Toothach. to allay all Inflammations, and to help the Diseases before pre-
mised.

Hedg-Hysop.

Descript.] **T** Here are divers sorts of this Plant, the first of which is
an Italian by Birth, and only nursed up here in the Gar-
dens of the Curious. Two or three sorts are to be found commonly growing
wild here ; the Descriptions of two of which I shall give you : The first is
a smooth low Plant, not a foot high, very bitter in tast, with many square
Stalks, diversly branched from the bottom to the top, with divers Joynts, and
two smal Leavs at each Joynt, broader at the bottom than they are at the
end, a little dented about the edges, of a sad green color and ful of veins :
The Flowers stand at the Joynts, being of a fair purple color, with some
white spots in them, in fashion like those of dead Nettles : The Seed is smal
and yellow, and the Roots spreadeth much under ground.

The second seldom groweth half a foot high, sending up many smal bran-
ches, whereon grow many smal Leavs set one against the other, somewhat
broad, but very short : the Flowers are like the Flowers of the other in fa-
shion, but of a pale reddish color : the Seeds are smal and yellowish : the

Root

Root spreadeth like the other, neither will it yield to its fellow one ace of bitterneß.

Place.] They grow in wet low grounds, and by water sides: the last may be found amongst the Bogs on Hampsted Heath.

Time.] They Flower in *June* and *July*, and the Seed is ripe presently after.

Government and Vertues.] They are Herbs of *Mars*, and as chollerick and churlish as he is, being most violent purgers, especially of Choller and Flegm: It is not safe taking them inwardly, unless they be wel rectified by the Art of the Alchymist, and only the purity of them given; if so used, they may be very healthful both for the Dropsie, Gour and Sciatica: outwardly used in Oynments, they kil Worms, the belly being anointed with it; and are excellent good to cleanse old and filthy Ulcers.

Black Hellebore.

IT is called also Setter-wort, Setter-grass, Bears-foot, Christmas Herb, and Christmas Flower.

Description.] It hath sundry fair green Leavs rising from the Root, each of them standing about a handfull high from the Earth, each Leaf is divided into seven, eight, or nine parts, dented from the middle of the Leaf to the point on both sides, abiding green all the Winter; about Christmas time, if the weather be any thing temperate, the Flowers appear upon Footstalks, also consisting of five large, round, white Leavs apiece, which sometimes are purple toward the edges, with many pale yellow thrums in the middle: The Seeds are divided into several Cels like those of Columbines, save only they are greater; the Seeds are in color black, and in form long and round: The Root consisteth of a number numberless blackish strings, all united into one Head.

There is another black Hellebore which groweth up and down in the Woods very like this, but that only the Leavs are smaller and narrower, and perish in the Winter when this doth not.

Place.] The first is maintained in Gardens: The second is commonly found in the Woods in Northamptonshire.

Time.] The first flowreth in *December* or *January*; the second in *February* or *March*.

Government and Vertues.] It is an Herb of *Saturn*, and therefore no marvel if it have some fullen conditions with it, and would be far safer being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common cure is to take Goats Milk, if you cannot get Goats Milk, you must make a shift with such as you can get. The Roots are very effectual against all Melancholly Diseases, especially such as are of long standing, as Quartan Agues, and Madnes; it helps the Falling-sicknes, and the Leprosie; both the yellow and the

*Melan-
cholly,*

Quartan

Agues,

Madnes,

Falling-

sicknes,

Leprosie,

yellow
& black
Jaundice,
Gout,
Sciatica,
Terms
provokes,
Ulcers,
dead flesh,
Cough &
poyson in
Cattel.

the black Jaundice, the Gout, Sciatica, Convulsions: and truly this was found out by experience, That the Roots of that which groweth wild in our own Country, work not so churlishly as those do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root used as a Pessary provokes the Terms exceedingly; also being beaten into Powder and strewed upon foul Ulcers, it consumes the dead flesh, and instantly heals them; nay, it wil help Gangrenes in the beginning, twenty grains taken inwardly is a sufficient Dose for one time, and let that be corrected with half so much Cinamon. Country people used to rowel their Cattel with it: if a Beast be troubled with the Cough, or have taken any poyson, they bore a hole through his Ear, and put a piece of the Root in it; this wil help him in twenty four hours time. Many other uses Farriers put it to, which I shal forbear.

Herb Robert.

Descript.] **T**His riseth up with a reddish stalk two foot high, having divers Leavs thereon upon very long and reddish foot-stalks, divided at the ends into three or five divisions, each of them cut in on the edges some deeper than others, and all dented likewise about the edges, which often times turn reddish: At the tops of the Stalk come forth divers flowers made of five Leavs, much larger than the Dovesfoot, and of a more reddish color, after which come beak heads as in others: The Root is smal and threddy, and smelleth as the whol Plant very strong, almost stinking.

Place.] This groweth frequently every where by Way sides, upon Ditch banks, and wast grounds whersoever one goeth.

Time.] It flowreth in June and July chiefly, and the Seed is ripe shortly after.

Government and Vertues.] It is under the Dominion of Venus. Herb Robert is commended not only against the Stone, but to stay Stone, bleeding, Terms stops, Wounds, ulcers in the Privities. Blood, where, or howsoever flowing; it speedily healeth all green Wounds, and is effectual in old Ulcers in the privy parts, or elsewhere. You may perswade your self this is true, and also conceive a good reason for it, if you do but consider 'tis an Herb of Venus, for al it hath a mans name.

Herb Truelove, or Oneberry.

Descript.] **T**He ordinary Herb Truelove, hath a smal creeping Root running under the uper crust of the ground, somewhat like a Couchgrass Root but not so white, shooting forth stalks with Leavs, some whereof carry no berries, though others do, every stalk smooth without Joynts and blackish green, rising about half a foot high if it bear berries, otherwise seldom so high, bearing at the top four Leavs set directly one against another in manner of a Cross or a Ribband tied (as it is called) on a True-loves Knot, which are each of them apart, somewhat like unto a Nigbshade Leaf, but

but somewhat broader, having sometimes three Leavs, sometimes five, sometimes six, & these sometimes greater than in others. In the middle of the four Leavs riseth up one smal slender Stalk about an inch high, bearing at the top thereof one flower spread open like a star, consisting of four smal & narrow long pointed Leavs of a yellowish green color, and four other lying between them lesser than they; in the middle wherof stands a round dark purplish Button or Head, compassed about with eight smal yellow mealy threds with three colors, make it the more conspicuous and lovely to behold: This Button or head in the middle, when the other Leavs are withered, becometh a blackish purple Berry full of Juyce of the bigness of a reasonable Grape, having within it many white Seeds: The whol Plant is without any manifest tast.

Place.] It groweth in Woods and Copses, and sometimes in the corners or borders of Fields, and wast grounds in very many places of this Land; and abundantly in the Woods, Copses, and other places about Chislehurst and Maidstone in Kent.

Time.] They spring up in the middle of April or May, and are in Flower soon after: The Berries are ripe in the end of May, and in some places in June.

Government and Vertues.] Venus owns it. The Leavs or Berries hereof are effectual to expel poyson of al sorts, especially that of the Poyson, Aconites; as also the Plague, and other Pestilential Diseases. Pestilence, Some have been holpen thereby saith Mathiolus, that have lyen Feavers, long in a lingring sickness, and others that by Witchcraft (as it Witchcraft was thought) were become half foolish, by taking a dram of the Chollick, Seeds or Berries hereof in powder every day for twenty daies together, they were restored to their former health. The Roots wounds, in Powder taken in Wine easeth the pains of the Chollick speedily: The Leavs are very effectual as wel for green Wounds, as Swellings in the Groyn, to cleanse and heal up old filthy Sores and Ulcers; and is very powerful to discuss al Tumors, & Swellings in the Cods, privie-Cods and Parts, or Groyn, or in any part of the Body, and speedily to al-Privities, lay al Inflammations. The Leavs or the Juyce applied to Felons, Inflammations, or those Nails of the Hands or Toes that have Imposthumes or tions, A-Sores gathered together at the Roots of them, healeth them in posthumes. short space.

The Herb is not to be described for the premises, but is fit to be nourished in every good Womans Garden.

Hyssop.

THIS is so wel known to be an Inhabitant in every Garden, that it will save me labor in writing a Description thereof. The Vertues are as followeth:

Government and Vertues.] The Herb is Jupiters, and the Cough, the Sign Cancer; It strengthens al the parts of the Body under shortness Cancer and Jupiter, which what they be may be found amply of breath, discoursed of in my *Astrological Judgment of Diseases.* Dioscorides

wheeling, *Groß Hu-* scorides saith that Hysop boyled with Rue and Honey, and
mors, drunk, helpeth those that are troubled with Coughs, shortness of
worms, breath, wheeling, and Rheumatick Distillations upon the
yellow Lungs: Taken also with Oximel, it purgeth gross Humors by
Jaundice, the Stool; and with Honey killeth Worms in the Belly; and
Dropfie, with fresh or new Figs bruised, helpeth to loosen the Belly, and
Spleen, more forcibly if the Root of Flower-de-luce and Cresses be ad-
Inflama- ded therto. It amendeth and cherisheth the Native color of the
tions, Body spoiled by the yellow Jaundice; and being taken with Figs
black and Wine, it is good to wash Inflammations: and taketh away black
blue spots, and blue Spots and Marks that come by strokes, Bruises, or Fals,
Quinsie, being applied with warm Water. It is an excellent Medicin for
Toothach, the Quinsie, or swelling in the Throat, to wash and gargle it, be-
noise in ing boyled with Figs. It helpeth the Toothach, being boyled
the Ears, in Vinegar, and gargled therewith. The hot vapors of the De-
venemous coction taken by a Funnel in at the Ears, easeth the Inflamati-
Beasts, ons and singing noise of them: Being bruised, and Salt, Honey,
Lice, It- and Cummin Seed put to it, it helpeth those that are stung by
ching of Serpents. The Oyl thereof being anointed killeth Lice, and
the Head, taketh away Itching of the Head: It helpeth those that have the
Falling- Falling-sickness which way soever it be applied: It helpeth to
sickneß, expectorate tough Flegm, and is effectual in al cold Grieffs, or
wounds. Diseases of the Chest and Lungs, being taken either in a Syrup
 or licking Medicine. The green Herb bruised and a little Sugar put there-
 to doth quickly heal any cut, or green Wound, being thereunto applied.

Hops.

These are so wel known that they need no Description, I mean the ma-
 nured kind, which every good Husband or Huswife is acquainted with.

The wild Hop groweth up as the other doth, ramping upon Trees or Hed-
 ges that stand next unto them, with rough branches, and Leavs like the for-
 mer; but it giveth smaller Heads, and in far less plenty than it, so that ther
 is scarce a Head or two seen in a yeer on divers of this wild kind, wherein
 consisteth the chief difference.

Place.] They delight to grow, on low moist grounds, and are found in al
 parts of this Land.

Time.] They spring not up until April, and Flower not until the latter
 end of June, the Heads are not gathered until the middle or latter end of
 September.

Government and Vertues.] It is under the Dominion
 of Mars. This Physical operation is to open obstructi-
 ons of the Liver and Spleen, to cleanse the Blood to loosen
 the Belly, to cleanse the Reins from Gravel, and provokd
 Urin. The Decoction of the tops of Hops, as wel of the
 tame as the wild, worketh the same effects. In cleansing the

Scabs, Itch,
Tetters, Ring-
worms, Mor-
phew, Poyson,
Worms, Terms
provokes, Di-
sury, yellow
Jaundice, Li-
ver, stomach,
Agues.

Blood they help to cure the French Disease, and al manner of Scabs, Itch. and other breakings out in the Body, as also al Tetters, Ringworms, and spreading Sores, the Morphew, and al discolorings of the Skin. The Decoction of the Flowers and tops, do help to expel Poyson that any one hath drunk: Half a dram of the Seed in Pouder taken in drink, killeth Worms in the Body, bringeth down Womens Courses, and expelleth Urin: A Syrup made of the Juyce and Sugar, cureth the yellow Jaundice, easeth the Head-ach that comes of Heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot

Agues that rise of Choller and Blood. Both the wild and the manured are of one property, and alike effectual in al the aforesaid Diseases.

By al these Testimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reason will tel you how it performs these Actions.

Horehound.

Descript.] **C**ommon Horehound groweth up with square hoary Stalks, half a yard or two foot high, set at the Joynts with two round crumpled rough Leavs, of a sullen hoary green color, of a reasonable good scent, but a very bitter tast: The Flowers are smal white and gaping, set in rough, hard, prickly Husks, round about the Joynts with the Leavs from the middle of the Stalk upwards, wherein afterwards is found smal round blackish Seed. The Root is blackish, hard, and woody, with many strings thereat, and abideth many yeers.

Place.] It is found in many parts of this Land, in dry grounds, and wast green places.

Time.] It flowreth in or about *July*, and the Seed is ripe in *August*.

Government and Vertues.] It is an Herb of *Mercury*. A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey, is a Remedy for those that are purse or short winded, or have a Cough, or are fallen into a Consumption either through long sickness, or thin Distillations of Rheum upon the Lungs. It helpeth to expectorate tough flegm from the Chest, being taken with the Roots of Iris or O-
Difficulty of breath, rris. It is given to Women to bring down their Courses, to ex-
Cough, pel the Afterbirth, and to them that have sore and long Travels,
consump- as also to those that have taken Poyson, or are stung or bitten
tion, by Venemous Serpents: The Leavs used with Honey purge
Flegm, foul Ulcers, stay running or creeping sores, and the growing of
Terms the Flesh over the Nails. It also helpeth pains of the sides. The
provokes, Juyce thereof with Wine and Honey helpeth to cleer the Eye-
Afterbirth sight, and snuffed up into the Nostrils, purgeth away the yellow
weariness, Jaundice, and with a little Oyl of Roses dropped into the Ears
Poyson, easeth the pains of them. *Galen* saith it openeth obstructions
venemous
Beasts,
Ulcers,
Sides,
Eyes,

bo:h

yeell. Jaundice,
Ears, Obstru-
ctions of the li-
ver, and spleen,
Liver, Itch,
Tetter, Worms,
Dogs-bitings,
Womens Breasts
Thorns, As-
thmaes.

both of the Liver and Spleen, purgeth the Breast and Lungs of Flegm : and used outwardly, it both clenseth and digesteth. A Decoction of *Horehound* (saith *Mathiolus*) is available for those that have bad Livers, and for such as have Itches and Running Tettters. The Pouder hereof taken, or the Decoction, killeth Worms. The green Leavs bruised and boyled in old Hogs-grease unto an Oyntment, healeth the biting of Dogs, abateth the swellings of womens Breasts, and taketh away the swelling and Pains that come by any pricking of Thorns, or such like means, and used with Vinegar it clenseth and healeth Tettters. There is a Syrup made of *Horehound* to be had at the Apothecaries, very good for old Coughs, to rid the tough Flegm, as also to avoid cold Rhewm from the Lungs of old Folks, and for those that are Asthmatick or short winded.

Horfe-Taile.

Descript.] **O**F this there are many kinds, but I shal not trouble you nor my self with any large Description of them, which to do, were but as the proverb is, *To find a knot in a Rush* : All the kinds herof being nothing else but knotted Rushes, some with Leavs, and some without : Take the Description of the most eminent sort as followeth,

The great *Horfe-taile* at the first springing hath heads somewhat like those of *Asparagus*, and after grow to be hard, rough hollow stalks, joyned at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a bush of smal, long, Rush like hard Leavs, each part resembling a *Horfe-tail* (from whence it was so called) At the tops of the stalks come forth smal Catkins like to those of Trees. The Root creepeth under ground having joyns at sundry places.

Place.] This (as most of the other sorts hereof) groweth in wet grounds.

Time.] They spring up in *April*, and their blooming Catkins in *July*, seeding for the most part in *August*, and then perish down to the ground, rising afresh in the spring.

Government and Vertues.] The Herb is belonging to *Saturn*, yet is very harmless, & excellent good for the things following, *Horfe-Tail*, the smoother rather than the rough, and the leaved rather than the bare, are most Physical : It is very powerful to stanch bleedings whersoever, either inward or outward, the Juyce or the Decoction therof being drunk, or the Juyce, Decoction, or distilled Water applied outwardly. *Bleeding-flux*, It stayeth also all sorts of Lasks and Fluxes, in Man or Woman, and the pissing of Bloud, and healeth also not only the *Terms stops*, inward Ulcers, and Excoriations of the entrails, bladder, *Pissing Blood*, &c. but all other sorts of foul, moist, and running Ulcers, *Inward Ulcers* and soon sodereth together the tops of green wounds: It cureth also Ruptures in Children. The Decoction therof is *Excoriations of the Bladder*, Wine being drunk, provoketh Urin, and helpeth the Stone *Ulcers, wounds* and *Ruptures, Dis-*

*fury, stone, strangu- and the Strangury : and the Distilled Water therof drunk
gury, Cough, two or three times in a day, and a smal quantity at a time;
Inflamations, as also easeth the Entrails or Guts, and is effectual against a
pimples, red face Cough that cometh by distillation from the head. The juyce
or distilled Water being warmed, and hot Inflamations, Pu-
stules, or read Wheals, and other breakings out in the skin, w^{ch} being bathed
therewith doth help them, and doth no less ease the swellings, heat, and in-
flamations of the Fundament or Privie parts in Man or Woman.*

Housleeks, or Sengreen.

BOth these are so wel known unto my Country Men, that I shal not need to write any Description of them.

Place.] It groweth commonly on Walls and Housesides, and flowereth in July.

Government and Vertues.] It is an Herb of Jupiter, and it is reported by Myxaldus, to preserve what it grows upon, from Fire and Lightning. Our ordinary Housleek is good for al inward heats as wel as outward, and in the Eyes or other parts of the Body : A Posset made with the juyce of Housleek is singular good in al hot Agües, for it cooleth and tempereth the Bloud and Spirits, and quench the thirst : and is also good to stay al hot defluxions of sharp and salt Rhewms in the Eyes, the juyce being dropped into them, or into the Eares helpeth them : It helpeth also other fluxes of Humors into the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also al other hot inflamations, St. Anthonies fire, Scaldings and Burnings, the Shingls, fretting Ulcers, Cankers, Tetters, Ringworms, and the like; and much easeth the pain of the Gout proceeding from an hot Cause. The juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the skin of the Leavs being laid on them afterwards. It easeth also the Head-ach, and distempered heat of the Brain in Phrensies, or through want of sleep, being applyed to the Temples and Fore-head. The Leavs bruited and laid upon the Crown or Seam of the Head, stayeth bleeding at the Nose very quickly. The distilled Water of the Herb is profitable for al the purposes aforesaid : The Leavs being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the Pain.

Hounds-Tongue.

*Descript.] T*He great ordinary Hounds-Tongue hath many long and somewhat narrow, soft, hairy darkish green Leavs, lying on the ground somewhat like unto Bugloss leavs, from among which riseth up a rough hairy stalk about two foot high, with some smaller Leavs thereon, and branched at the top into divers parts, with a smal Leaf at the Foot of every branch which is somewhat long, with many Flowers set along the same, which branch

is crooked or turned inwards before it flowereth and openeth by degrees as the Flowers do blow, which consist of four smal purplish red Leavs of a dead colour, scarce rising out of the Husk wherein they stand, with some thrids in the middle: It hath sometimes a white Flower: After the Flowers are past, there commeth rough flat Seed, with a smal pointel in the middle, easily cleaving to any garment that it toucheth, and not so easily pulled off again: The Root is black, thick, and long, hard to break, and full of a clammy juyce, smelling somewhat strong, of an evil scent as the Leavs also do.

Place.] It groweth in most places of this Land, in wast grounds, and untilld places by high way sides, Lanes, and Hedg sides.

Time.] It flowereth about May and June, and the seed is ripe shortly after.

Government and Vertues.] It is a Plant under the Dominion of Mercury. The Root is very effectually used in Pills, as well as in Decoctions, or otherwise, to stay al sharp and thin Defluxions of Rhewm from the head into the eyes or nose, or upon the Stomach or Lungs, as also for Coughs or shortness of breath. The leavs boyled in wine (saith Dioscorides) but others do rather appoint it to be made with Water, and to ad thereto Oyl and Salt, mollifieth or openeth the Belly downwards: It also helpeth to cure the biting of a Mad Dog, some of the Leavs being also applied to the Wound: The Leavs bruised, or the Juyce of them boyled in Hogs-lard, and applied, helpeth the falling away of the Hair which cometh of hot and sharp humors: as also for any place that is scalded or burnt: The Leavs bruised, and laid to any green Wound, doth heal it up quickly: The Root baked under the embers, wrapped in Past, or wet Papers, or in a wet double Cloth, and therof a suppository made, and put up into, or applied to the Fundament, doth very effectually help the painful Piles or Hemorrhoids. The

Distilled Water of the Herb and Roots, is very good to al the purposes aforesaid, to be used as wel inwardly to drink, as outwardly to wash any sore places, for it healeth al manner of Wounds and Punctures, and those foul Ulcers that arise by the French-pox.

Myzaldus ads to this, That the Leavs laid under the Feet, will keep the Dogs from barking at you: Hounds-tongue, because it ties the Tongue of Hounds, whether it be true or not, I never tried, yet I have cured the biting of a mad Dog with this only Medicine.

Holly, Holm, or Hulver-bush.

FOR to Describe a Tree so wel known, is needless.

Government and Vertues.] The Tree is really Saturnine, the Berries expel Wind, and therefore are held to be profitable in the Chollick: The

Berries have a strong quality with them, for if you eat a dozen of them in the morning fasting when they are ripe and not dried, they purge the Body of gross and clammy Flegme: Fluxes, bloody-fluxes, stop the but if you dry the Berties, and beat them into Pouder, they bind

*Terms, Bones
broken, Mem-
bers out of
joynt, Witch-
craft.*

bind the Body, and stop Fluxes, bloody Fluxes, and the Terms in Women: Both the Bark of the Tree, and also the Leavs are excellent good being used in Fomentations for broken Bones, and such Members as are out of joynt. Pliny saith, The Branches of the Tree defend Houses from Lightning, and Men from Witchcraft.

St. Johns-wort.

Descript.] **T**He common St. Johns-wort shooteth forth brownish, upright, hard, round stalks, two foot high, spreading many branches from the sides up to the tops of them, with two smal Leavs set one against another at every place, which are of a deep green colour, somewhat like the leavs of the lesser Centaury, but narrower, and full of smal holes in every leaf, which cannot be so wel perceived as when they are held up to the light: At the tops of the Stalks and branches stand yellow Flowers made of five leavs a piece, with many yellow thrids in the middle, which being bruised, do yeild a reddish juyce like Bloud, after which come smal round Heads, wherein is contained smal blackish seed smelling like Roxin: The Root is hard and woody, with divers strings and fibres at it, and of a brownish colour, which abideth in the ground many years, shooting anew every spring.

Place.] This groweth in Woods and Coples, as wel those that are shady as open to the Sun.

Time.] They flower about Midsummer, and in July, and their Seed is ripe in the latter end of July or August.

Government and Vertues.] It is under the Cœlestial Sign *Leo*, and under the Dominion of the *Sun*: It may be if you meet with a Papist that is an Astrologer, he wil tel you *St. John* made it over to him by a Letter of Atturmy, especially if withal he be a Lawyer also. *St. Johns-wort* is as singular a Wound herb as any other whatsoever, either for inward Wounds, Hurts, or Bruises, to be boyled in Wine and drunk, or prepared into Oyl or Oyntment, Bath or Lotion outwardly: It hath power to open Obstructions, to dissolve Swellings, to close up the lips of Wounds, and to strengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed especially in Wine, being drunk; or the seed made into Pouder, and drunk with the juyce of Knotgrass, helpeth al manner of Spitting and Vomiting of Bloud, be it by any Vein broken inwardly, by Bruises, Fals, or howsoever. The same helpeth those that are bitten or stung by any Venemous Creature: and is good for those that are troubled with the Stone in their Kidneys, or that cannot make Water; and being applied provoketh Womens Courses. Two drams of the Seed of *St. Johns-wort* made into Pouder and drunk in a little Broth, doth gently expel Choller, or congealed Bloud in the Stomach: The Decoction of the Leavs and Seeds being drunk somewhat warm before the Fits of Agues, whether they be Tertians, or Quartans, doth alter the Fits, and by

by often using doth take them quite away : The Seed is much commended being drunk for forty dayes together, to help the Sciatica, the Falling-sickness, and the Palsie.

Ivy.

Descript.] It is so well known to every Child almost to grow in woods upon the Trees, and upon the stone walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

Time.] It flowereth not until July, and the Berries are not ripe til Christ-tide that they have felt the winter frosts.

Government and Vertues.] It is under the Dominion of Saturn. A pugil of the Flowers, which may be about a dram (saith Dioscorides) drunk twice

a day in red Wine, helpeth the Lask and Bloudy Flux. It is an

Flux enemy to the Nervs and Sinews being much taken inwardly, but

Bloudy- very helptul unto them being outwardly applied. Pliny saith;

Flux, That the yellow Berries are good against the Jaundice, and taken

Jaundice, before one be set to drink hard, preserveth from Drunkenness,

Spitting and helpeth those that spit Blood : and that the white Berries be-

Bloud, ing taken inwardly, or applied outwardly killeth the Worms in

worms, the Belly. The Berries are a singular Remedy to prevent the

Drunken- Plague, as also to free them from it that have got it, by drinking

ness, the Berries therof made in Pouder, for two or three dayes toge-

Pestilence, ther : They being taken in Wine, do certainly help to break the

Stone, Stone, provoke Urine, and Womens Courses. The fresh Leavs

Disury, of Ivy boyled in Vinegar, and applied warm to the sides of those

Terms that are troubled with the Spleen, Ach, or Stitch in the sides;

provokes, doth give them much ease : the same applied with some Rosewa-

Spleen, ter and Oyl of Roses to the Temples and Fore-head, easeth the

Stitch, Headach, though it be of long continuance. The fresh Leavs

Head-ach, boyled in Wine, and old filthy Ulcers that are hard to be cured;

Ulcers, washed therwith, doth wonderfully help to cleanse and heal them:

wounds, It also quickly healeth green Wounds, as also it is effectual to

Burnings, heal al Burnings and Scaldings, and al kind of exulcerations co-

Scaldings, ming therby, or by salt Flegm or hot Humors in other parts of

salt-flegm, the Body. The Juyce of the Berries or Leavs snuffed up into

Rhewm, the Nose, purgeth the Head and Brain of thin Rhewm that ma-

Sore Ears. keth Defluxions into the Eyes and Nose, and cureth the Ulcers

and Stench therein : the same dropped into the Ears, helpeth the

old, and running Sores of them : those that are troubled with the Spleen

shal find much ease by continual drinking out of a Cup made of Ivy, so as the

drink may stand some smal time therein before it be drunk. Cato saith, That

Wine put into such a Cup wil soak through it, by reason of the Antipathy

that is between them.

There seems to be a very great Antipathy between Wine and Ivy, for if a-

ny have got a Surset by drinking Wine, his speediest Cure is to drink a

draught of the same Wine wherein a handful of Ivy Leavs being first bruised

have been boyled.

Juniper-Bush.

FOR to give a Description of a Bush so commonly known is needless. Place.] They grow plentifully in divers Woods in Kent, upon Wary-Common neer Brentwood in Essex, upon Finchly-common without Hygate, hard by the New-found-wells neer Dullage, upon a common between Mitchum and Croydon, in the High-way neer Amersham in Buckingham-shire, and in many other places.

Time.] The Berries are not ripe the first year, but continue green two Summers, and one Winter before they be ripe; at which time they are of a black colour, and therefore you shal alwayes find upon the Bushes green-berries: the berries are ripe about the Fall of the Leaf.

Government and Vertues.] This admirable Solar shrub, is scarce to be parralel'd for his Vertues. The Berries are hot in the third degree, and dry

but in the first: being a most admirable Counter-poyson, and as great a relister of the Pestilence as any grows; they are excellent good against the bitings of venemous Beasts, they provoke Urin exceedingly, and therefore are wery available to Disurys, and Strangurys: it is so powerful a Remedy against the Dropsie, that the very Lee made of the Ashes of the Herb being drunk, cures the Disease: it provokes the Terms, helps the Fits of the Mother, strengthens the Stomach exceedingly, and expels Wind: indeed there is scarce a better Remedy for Wind in any part of the Body, or the Chollick than the Chymical Oyl drawed from the Berries: such Country-people as know not how to draw the Chymical Oyl, may content themselves by eating ten or a dozen of the ripe Berries every morning fasting, they are admirable good for the Cough, shortness of Breath, and Consumption, pains in the Belly, Ruptures, Cramps, and Convulsions: They give safe and speedy delivery to Women with Child, they strengthen the Brain, exceedingly help the Memory, and fortifie the Sight by strengthening the optick Nerve: They are excellent good in al sorts of Agues, they help the Gout, and Sciatica, and strengthen al the Limbs of the Body: The Ashes of the Wood is a special Remedy for such as have the Scurvie to rub their Gums with: the Berries stay al Fluxes, helps the Hemorrhoids or Piles, and kil Worms in Children: A Lye made of the Ashes of the Wood, and the Body bathed with it, cures the Itch, Scabs, and Leprosie: The Berries break the Stone, procure Appetite, when it is lost, and are excellent good for Palsies and Falling-sickness.

Counter-poyson
Pestilence, Venemous Beasts,
Urin provoketh
Disurys, Strangury, Dropsie,
Terms provoketh,
Mother fits
Stomach, Wind
expels, Chollick
Cough, shortness
of breath, Consumption,
pains in the Belly, ruptures, Cramp,
Convulsions,
speedy delivery
to Women, brain
Memory, Sight,
Agues, Gout,
Sciatica, Limbs
strengtheneth,
Scurvy, Fluxes
Stop, Piles,
worms, Itch,
Scab, Leprosie,
Stone, Appetite
provoketh, Palsies,
Falling-sickness.

Kidney-wort,

Kidney-wort, or Wall-Penyroyal, Or Wall Peny-wort.

Descript.] **I**T bath many thick, flat, and round Leavs growing from the Root, every one having a long Footstalk fastned underneath about the middle of it, and a little unevenly waved somtimes about the edges, of a pale green color, and somewhat hollow on the uper side like a Sawcer; from among which rise one or more tender smooth hollow Stalks half a foot high, with two or three smal Leavs thereon, usually not round as those below, but somewhat long and divided at the edges: The tops are somtimes divided into long Branches, beaving a number of Flowers, set round about a long spike one above another, which are hollow and like a little Bell, of a whitish green color, after which come smal Heads containing very smal brownish seed, which falling on the ground, wil plentifully spring up before Winter, if it have moisture. The Root is round, and most usually smooth, grayish without and white within, having smal fibres at the head of the Root, and bottom of the Stalk.

Place.] It groweth very plentifully in many places of this Land, but especially in al the West parts thereof, upon stone and mud Walls, upon Rocks also, and in stony places upon the ground, at the bottom of old Trees, and somtimes on the Bodies of them that are decayed and rotten.

Time.] It usually flowreth in the beginning of May, and the Seed is ripening quickly after, sheddeth it self: so that about the end of May usually the Leavs and Stalks are withered, dry, and gone until September, that the Leavs spring up again, and so abide al Winter.

Government and Vertues.] Venus challengeth the Herb under Libra.

The Juyce or the distilled Water being drunk, is very effectual for al Inflammations, and unnatural heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels: The bruised Redness, St. Herb, or the place bathed with the Juyce or distilled Water thereof, and outwardly applied healeth Pimples, Redness, St. Anthones fire, kidnies, Anthones fire, and other outward heats and Inflammations. hurt by the The said Juyce or Water helpeth much also to heal sore Kid- stone, disury, neys, torn or fretted by the Stone, or exulcerated within, and ease the pains; It also provoketh Urine, and is available for stone, bloody flux, the Dropsie, and helpeth to break the stone, cooling the inflamed parts and other pains of the Bowels, and the bloody flux; Piles, It is singular good to cool the painful Piles, or Hemorrhoidal Hemor- Veins, the Juyce being used as a Bath unto them, or made into rhoids, to an Oyntment: It is no less effectual to give eas of pains to Gout, Scia- the hot Gout, the Sciatica, and the Inflammations and Swel- tica, Cods, lings in the Cods; It helpeth the Kernels or Knots in the Kings Evil, Neck or Throat, called the Kings Evil; healeth Kibes and Kibes, Chil- blains. blains. Chilblains if they be bathed with the Juyce, or anointed with an Oyntment made thereof, and some of the skin of the Leaf laid upon them; It is also used in green Wounds to stay the Blood, and to heal them quickly.

Knap-

Knapweed.

Descript.] **T**He common sort hereof hath many long and somewhat broad dark green Leavs, rising from the Root deeply dentated about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withal, among which riseth up a strong round stalk four or five foot high, divided into many Branches; at the tops whereof stand great scaly green heads, and from the middle of them thrust forth a number of dark purplish red thrums or thrids, which after they are withered and past, there is found divers black Seeds, lying in a great deal of Down, somewhat like unto a Thistle Seed, but smaller: The Root is white, hard, and woody, with divers fibres annexed thereunto, which perisheth not but abideth with Leavs thereon al the Winter, shooting out fresh every Spring.

Place.] It groweth in most Fields and Meadows, and about their borders and Hedges, and in many wast grounds also, almost every where.

Time.] It usually flowreth in *June* and *July*, and the seed is ripe shortly after.

Government and Vertues.] *Saturn* challengeth the Herb for his own. This Knapweed helpeth to stay Fluxes, both of Blood at the Mouth or Nose, or other outward parts, and those veins that are inwardly broken, or inward Wounds, as also the Fluxes of the belly; It stayeth the distillations of thin and sharp humors from the head upon the Stomach and Lungs: it is good for those that are bruised by any fall, blows, or otherwise. It is very profitable for those that are bursten and have a Rupture, by drinking the Decoction of the Herb and Roots in Wine, and applying the same outwardly to the place. It is singular good in al running sores, cankrous and fistulous, drying up the moisture, and healing them up gently, without sharpnels; it doth the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the Throat, swelling of the Uvula and Jaws; and excellent good to stay the bleeding, and heal up al green Wounds.

Fluxes, bleeding, Veins broken, Phisick, Falls, Blows, Ruptures, Sores, Cankers, Fistulaes, Scabby head, Sore throat, Uvula, Jaws.

Knot-grafs.

IT is generally so wel known that it needeth no Description.

Place.] It groweth in every Country of this Land, by the High-way sides, and by Foot-paths in Fields, as also by the sides of old Wals.

Time.] It springeth up late in the Spring, and abideth until Winter, when al the Branches perish.

Government and Vertues.] *Saturn* seems to me to own the Herb; and yet some hold the *Sun*; our of doubt 'tis *Saturn*. The Juyce of the common kind of Knotgrafs, is most effectual to stay bleeding at the Mouth, being drunk in steeld or red Wine: and the bleeding at the Nose, to be applied to the Forehead and Temples,

Bleeding, Heat, Flux,

Bloody
Flux,
Courses
stops,
Disury,
Gravel,
venemous
Beasts,
Rheum,
Worms,
Heat,
Choller,
Inflama-
tions,
Apostums,
Gangrenes
Fistulaes,
Cankers,
ulcers,
wounds,
Ears.

Temples, or to be squirted up into the Nostrils. And no less effectual to cool and temper that heat of the Blood and Stomach and to stay any Flux of the Blood or Humors, as Lask, Bloody flux, Womens Courses, and Running of the Reins. It is singular good to provoke Urin, help the strangury, and allayeth the heat that cometh therby; and it is powerful by Urin to expel the Gravel, or stone in the Kidneys or Bladder, a dram of the Pouder of the Herb being taken in Wine for many daies together: Being boyled in Wine and drunk, it is profitable to those that are stung or bitten by venemous creatures, and very effectual to stay al defluxions of Rhewmatick humors upon the stomach, and killeth Worms in the belly or stomach, quiereth inward pains that arise from the heat, sharpness, and corruption of blood and choller: The distilled Water hereof taken by it self, or with the Pouder of the Herb or Seed, is very effectual to al the purposes aforesaid, and is accounted as one of the most Sovereign Remedies to cool al manner of Inflammations, breakings out through heat, hot swellings, and impostumations, Gangrenes, and fistulous Cankers, or foul filthy Ulcers, being applied or put into them; but especially for al sorts of Ulcers and Sores happening in the privy parts of men or Women. It helpeth al fresh and green Wounds, and speedily helpeth them: The Juyce dropped into the Ears clenseth them being foul, and having running matter in them.

It is very prevalent for the premises; as also for broken Joynts, and Ruptures.

Ladies-Mantle.

Descript.] **I**T bath many Leavs rising from the Root, standing upon long hairy Footstalks, being almost round, but a little cut in on the edges, into eight or ten parts more or less, making it seem like a star, with so many corners and points, and dented round about, of a light green color somewhat hard in handling, and as if it were folded, or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leavs thereon but smaller, and being weak is not able to stand upright, but bendeth down to the ground, divided at the top into two or three smal Branches, with smal yellowish green Heads, and Flowers of a whitish color, breaking out of them; which being past, there cometh smal yellow Seed like Poppy Seed: The Root is somewhat long and black, with many strings or fibres thereat.

Place.] It groweth naturally in many Pastures, and Wood sides, in Hertfordshire, Wiltshire, and Kent, and other places of this Land.

Time.] It flowreth in May and June, and abideth after Seed time green al the Winter.

Government and Vertues.] Venus claims the Herb as her own. Ladies-

Inflama- Mantle is very proper for those Wounds that have Inflammations,
tions, and is very effectual to stay bleedings, vomitings, fluxes of al
Bleeding, sorts in man or woman, and bruises by falls or otherwise, and
Vomiting, helpeth Ruptures, and such Women or Maids as have over great
Fluxes, flagging Breasts, causing them to grow less and hard, being both
Bruises, drunk, and outwardly applied: The distilled Water drunk for
Ruptures, twenty daies together helpeth Conception, and to retain the
Flagging Birth, if the Woman do sometimes also sit in a Bath made of the
Breasts, Decoction of the Herb. It is one of the most singular Wound
Barrenness Herbs that is, and therefore highly prized and praised by the
Women Germans, who use in al Wounds inward and outward, to drink
with the Decoction therof, and wash the Wounds therewith, or dip
Child. Tents therein and put them into the Wounds, which wonderful-
 ly drieth up al humidity of the Sores, and abateth Inflammations
 therein. It quickly healeth al green Wounds, not suffering any
 corruption to remain behind, and cureth old Sores though fistulous and
 hollow.

Lavender.

IT is so wel known, being an Inhabitant in almost every Garden, that it
 needeth no Description.

Time.] It flowreth about the end of *June*, and beginning of *July*.

Government and Vertues.] Mercury owns the Herb, and it carries his
 effects very potently. Lavender is of special good use for al
Head, brains the griefs and pains of the Head and Brains that proceed of a
Apoplexy, cold cause, as the Apoplexy, Falling-sickness, the drouzie or
falling-sick- sluggish Malady, Cramps, Convulsions, Palseys, and often
ness, Lethar- faintings. It strengtheneth the Stomach, and freeth the Li-
gie, Cramps, ver and Spleen from Obstructions, provoketh Womens Cour-
convulsions, ses, and expelleth the dead Child and Afterbirth. The Flo-
Palsey, both wers of Lavender steeped in Wine helpeth them to make wa-
dead and ter that are stopped, or are troubled with the Wind, or Chol-
shaking, sto- lick, if the places be bathed therewith. A Decoction made
mach, Liver, with the Flowers of Lavender, Horehound, Fennel, and A-
Spleen, terms sparagus Roots, and a little Cinnamon, is very profitably used
provokes, to help the Falling-sickness, and the giddiness or turning of
Chollick, the Brain: To gargle the Mouth with the Decoction therof
Vertigo, loss is good against the Toothach. Two spoonfuls of the distilled
of Voyce, Water of the Flowers taken, helpeth them that have lost their
Trembling, voyce; as also the tremblings and passions of the Heart, and
Fainting. faintings and swoonings, not only being drunk, but applied
 to the Temples, or Nostrils to be smelt unto, but it is not
 safe to use it where the Body repleat with Blood and Humors, because of the
 hot and subtil spirits wherewith it is possessed. The Chymical Oyl drawn
 from Lavender, usually called Oyl of Spike, is of so fierce and piercing spi-
 rits

rits that it is cautiously to be used, some few drops being sufficient to be given with other things, either for inward or outward Griets.

Lavender Cotton.

IT being a common Garden Herb, I shal forbear the Description, only take notice, That it flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Mercury*. It resisteth Poyson, Putrifaction, and helps the bitings of venemous Beasts: A dram of the Pouder of the dried Leavs taken every morning fasting in any convenient Vehcle, stops the running of the Reins in Men, and Whites in Women. The Seed being beaten into Pouder, and taken as Wormseed, it kils the Worms, not only in Children, but also in people of riper yeers: the like doth the Herb it self being boyled in Milk, and the Milk drunk: The Body bathed with the Decoction of it, helps Scabs and Itch.

Ladies-Smocks, or Cuckoo-Flowers.

Descript.] **T**He Root is composed of many smal white thrids, from whence springeth up divers long stalks of winged Leavs consisting of many round tender dark green Leavs set one against another upon a middle Rib, the greatest being at the ends, amongst which rise up divers tender weak round green stalks, somewhat straked with longer and smaller Leavs upon them; on the tops of which stand Flowers almost like Stock-gilli-flowers, but rounder and not so long, of a blushing white color: The Seed is reddish, and groweth in smal pouches, being of a sharp biting tast, and so hath the Herb.

Place.] They grow in moist places, and neer to Brook sides.

Time.] They flower in *April* or *May*, and the lower Leavs continue green al the Winter.

Government and Vertues.] They are under the Dominion of the *Moon*, and very little inferior to Water-Cresses in al their operations: They are excellent good for the Scurvy; they provoke Urin, and break the Stone, and excellently warm a cold and weak Stomach, restoring lost appetite, and helping digestion.

Lettice.

IT is so wel known, being generally used as a Sallet Herb, that it is altogether needless to write any Description thereof.

Government and Vertues.] The *Moon* owns them, and that's the reason they cool and moisten what heat and driness *Mars* causeth, because *Mars* hath his fal in *Cancer*, and they cool the Heart, because the *Sun* rules it between whom and the *Moon* is a Reception in the Generation of Man, as you may see in my *Guide for Women*. The Juyce of Lettice mixed or boyled with

watching,
Headach,
Indige-
stion,
Thirst,
Milk en-
creaseth,
Choller,
Bowels,
Lust,
venerious
Dreams,
Inflama-
tion,
Heat of
Urin.

with Oyl of Roses, and applied to the forehead and temples pro-
cureth Sleep, and easeth the Headach proceeding of an hot caus;
being eaten boyled, it helpeth to loosen the Belly. It helpeth di-
gestion, quencherh thirst, encreaseth Milk in Nurses, easeth
griping pains of the stomach or Bowels, that come of Choller.
It abateth Bodily Lust, represseth Venerious Dreams, being out-
wardly applied to the Cods with a little Camphire: Applied in
the same manner to the Region of the Heart, Liver, or Reins, or
by bathing the said place with the Juyce or distilled Water, wher-
in som white Sanders, or red roses are put also, it not only repres-
seth the heat and Inflammation therein, but comforts and streng-
thens those parts, & also tempereth the heat of Urin. *Galen* advi-
seth old men to use it with Spices, and where Spices are wanting
to ad Mints, Rocket and such like hot Herbs, or elf Citron,
Lemmon, or Orange Seeds, to abate the cold of one, and heat
of the other. The Seed and distilled Water of the Lettice work
the like effects in all things: but the use of Lettice is chiefly

forbidden to those that are short winded, or have any imperfection in their
Lungs, or spit Blood.

The Water-Lilly.

Descript.] **O**F these there are two principally noted kinds, viz. The
white, and the Yellow.

Description.] The white Lilly hath very large, round, and thick dark
green Leavs lying on the water, sustained by long and thick Footstalks, that
rise from a great, thick, round and long tuberous black Root, Spungie or loof,
with many Knobs thereon like Eyes, and whitish within, from amidst the
which rise other the like thick and great stalks, sustaining one large white
Flower thereon, green on the outside, but as white as Snow within, consi-
sting of divers rows of long, and somewhat thick and narrow Leavs, smaller
and thinner the more inward they be, encompassing a head within with many
yellow thrids or thrums in the middle, where after they are past, stand round
Poppy-like Heads, ful of broad, oily, and bitter Seed.

The yellow kind is little different from the former save only it hath fewer
Leavs on the Flowers, greater and more shining Seed, and a whitish Root,
both within and without: The Roots of both being somewhat sweet in tast.

Place.] They are found growing in great Pools and standing Waters,
and sometimes in slow running Rivers and lesser Ditches of Water, in sun-
dry places of this Land.

Time.] They flower most commonly about the end of May, and their
Seed is ripe in August.

Government and Vertues.] The Herb is under the Dominion of the
Moon, and therefore cools and moistens like the former. The Leavs and
Flowers of the Water-Lillies are cold and moist, but the Root
and Seed is cold and dry: The Leavs do cool al Inflammations,
and both outward and inward heats of Agues, and so doth the
Flowers

Inflama-
tions,
Agues,

watching, Frenzie, Flux, Belly, Running of the Reins, Venery, Freckles, Spots, Sunburn, Morpew. Flowers also, either by the Syrup or Conserve: The Syrup helpeth much to procure rest, and to settle the Brains of Frantick persons, by cooling the hot distemperature of the Head. The Seed as wel as the Root is effectual to stay Fluxes of Bloud or Humors, either of Wounds, or of the Belly: but the Roots are most used, some chusing the one, and some the other to be more effectual to cool, bind, and restrain al Fluxes in Man or Women, as also the Running of the Reins, and the passing away of the Seed when one is asleep: but the frequent use hereof extinguisheth Venerous actions: The Root is likewise very good for those whose Urine is hot and sharp, to be boyled in Wine or Water, and the Decoction drunk. The distilled Water of the Flowers is very effectual for al the Diseases aforesaid, both inwardly taken and outwardly applied, and is much commended to take away Freckles, Spots, Sun-burn, and Morpew from the Face, or other parts of the Body. The Oyl made of the Flowers, as Oyl of Roses is made, is profitably used to cool hot Tumors, and the Inflammations of Ulcers and Wounds, and to ease the pains, and help the Sores.

Lilly of the Valley.

Called also Conval-Lilly, May-Lillys, and Lilly-Confancy.

Descript.] The Root is smal and creepeth far in the Ground as grass Roots do: the Leavs are many, amongst which ariseth up a stalk half a foot high, with many white flowers like little bells, with turned edges, of a strong, though pleasing smel: the Berries are red, not much unlike those of Sparagus.

Place.] They grow plentifully upon Hamstead-beath, and in many other places in this Nation.

Time.] They flower in May, and the seed is ripe in September.

Government and Vertues.] It is under the Dominion of Mercury, and therefore there is no question to be made but it strengthens Brain, Memory, the Brain, recruits a weak Memory, and makes it strong again: The Distilled water dropped into the Eyes, helps inflammations in the Eyes, pin & web, lost Speech, Palsie, Apoplexy, Heart, Vital Spirits, Gout. Pin and Web: the Spirit of the flowers distilled in Wine, restoreth lost Speech, helps the Palsie, and is exceeding good in the Appoplexy, comforteth the Heart and vital Spirits. Gerrard saith, That the flowers being close stopped up in a Glass, put into an Ant-hill, and taken away again a month after, you shal find a Liquor in the Glass, which being outwardly applyed, helps the Gout.

White-Lillys.

IT were in vain to Describe a Plant so commonly known in every ones Garden, therefore I shal not tel you what they are, but what they are good for.

Govern-

Government and Vertues.] They are under the Dominion of the *Moon*, and by Antipathy to *Mars*, expel Poyson: they are excellent good in Pestilential Feavers: The Roots being bruised and boyled in Wine, and the Decoction drunk, for it expels the Venom to the exterior parts of the Body: The Juyce of it being tempered with Barly-meal baked, and so eaten for ordinary bread, is an excellent cure for the Dropfie: An Oyntment being made of the Root and Hogs-grease, is excellent good for scald heads, Scald-Heads, and unites Sinews when they are cut; besides the Vertue that it hath to cleanse Ulcers, it being of a fine suppurating quality: The Root boyled in any convenient Decoction gives speedy delivery to Women in Travel, and expels the After-birth: The Root roasted and mixed with a little Hogs-grease, makes a gallant Pultis to ripen and break Plague-sores: The Oyntment is excellent good for Swellings in the Privities, and wil cure Burnings and Scaldings without a scar, and trimly deck a bald place with Hairs.

Liquoris.

Descript.] **O**ur English Liquoris riseth up with divers woody stalks, wheron are set at several distances, many narrow, long, green Leaves, set together on both sides of the stalk, and an odd one at the end, very wel resembling a yong Ash-tree sprung up from the seed: This by many years continuance in a place without removing, and not else, wil bring forth Flowers, many standing together Spike fashion one above another upon the stalks, of the form of Peas-blossoms, but of a very pale blue colour, which turn into long, somewhat flat, and smooth Cods, wherin is contained smal, round, hard seed: The Root runneth down exceeding deep into the ground, with divers other smaller Roots and Fibres growing with them, and shoot out Suckers from the main Roots al about, wherby it is much encreased, of a brownish colour on the outside, and yellow within.

Place.] It is planted in Fields and Gardens in divers places of this Land, and therefore good profit is made.

Government and Vertues.] It is under the Dominion of *Mercury*. Liquoris boyled in fair Water with some Maiden-hair and figs, maketh a good Drink for those that have a dry Cough, or hoarseness, Wheesing, shortness of breath, and for al the griefs of the Breast and Lungs, Phrisick or Consumptions caused by the Distillation of salt humors on them. It is also good in al pains of the Reins, the Strangury, and heat of Urine: The fine Pouders of Liquoris blown through a Quil into the Eyes that have a Pin and Web (as they cal it) or Rheumarick Distillations into them doth cleanse and help them: The Juyce of Liquoris is as effectual in al the Diseases of the Breast and Lungs, the Reins and Bladder, as the Decoction. The juyce dissolved in Rose-water with some Gum-Tragacanth, is a fine licking Medicine for Hoarseness, Wheesings, &c.

L I V E R-

Liver-wort.

Descript.] **T**He common Liver-wort groweth close, and spreadeth much upon the ground in moist and shadowy places, with many sad green Leavs, or rather (as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise smal slender stalks an Inch or two high at most, bearing smal starlike Flowers at the tops: The Roots are very fine and smal.

Government and Vertues.] It is under the Command of Jupiter, and under the sign Cancer. It is a singular good Herb for al the Diseases of the Liver, both to cool and cleanse it, and helpeth the Inflammations in any part, and the yellow Jaundice likewise: being bruised and boyled in smal Beer and drunk, it cooleth the heat of the Liver and Kidneys, and helpeth the running of the Reins in Men, and the Whites in Women: It is a singular Remedy to stay the spreading of Tetter, Ring-worms, and other fretting and running Sores and Scabs. and is an excellent Remedy for such whose Livers are corrupted by Surfers, which causeth their Bodies to break out, for it fortifies the Liver exceedingly, and make it impregnable.

Liver,
Inflamati-
on,
yellow-
Jaundice,
Spleen,
Running
of the
Reins,
whites,
Tetter,
Ring-worms, Surfers.

Loof-strife, or Willow-Herb.

Descript.] **T**He Common yellow Loof-strife groweth to be four or five foot high or more, with great round stalks a little crested, diversly branched from the middle of them to the tops into great and long Branches, on al which at the Joynts there grow long and narrow Leavs but broader below, and usually two at a Joynt, yet sometimes three or four somewhat like willow-leavs, smooth on the edges, and of a faint green colour from the upper joynts of the branches, and at the tops of them also stand many yellow Flowers of Five leavs apiece, with drivers yellow thruds in the middle, which turn into smal round heads, containing smal cornered seeds: The Root creepeth under ground, almost like Couch-grass, but greater, and shooteth up every spring, brownish heads, which afterwards grow up into stalks: It hath no scent nor taste but only astringent.

Place.] It groweth in many places of this Land in moist Meadows, and by Water-sides.

Time.] It flowereth from June to August.

Government and Vertues.] This Herb is good for al manner of Bleeding at Mouth, or Nose, or Wounds, and al Fluxes of the Belly, and the Bloudy-flux, given either to drink, or taken by Clyster, it stayeth also the abundance of Womens Courses: It is a singular good Wound-herb for green Wounds, to stay the bleeding, and quickly close together the lips of the Wound, if the herb be bruised, and the juyce only applied: It is often used in Gargles for sore Mouths, as also for the

Bleeding, Flux,
Bloudy-Flux,
Terms stops,
Wounds, Sore
Mouth, Privi-
ties, Gnats.

secret parts : The smoak hereof being burned, driveth away Flies and Gnats which use in the night-time to molest people inhabiting neer Marshes, and in the Fenny Countries.

Loof-strife, with Spiked Heads of Flowers.

Descript.] **T**his groweth with many woody square stalks, full of joints about three foot high at least, at every one wherof, stand two long leavs, shorter, narrower, and of a deeper green colour than the former; and som brownish. The Stalks are branched into many long stems of Spiked Flowers, half a foot long, growing in Rundls one above another, out of smal husks very like the spiked heads of Lavender; each of which flowers have five round pointed Leavs of a purple violet colour, or somewhat inclining to redness, in which husks stand smal round heads, after the Flowers are fallen, wherein is contained smal seed: The Root creepeth under ground like unto the yellow, but is greater than it; and so is the heads of the leavs when they first appear out of the ground, and more brown than the other.

Place.] It groweth usually by Rivers, and Ditches-sides in wet Grounds, as about the Dirches at and neer Lambeth; and in many other places of this Land.

Time.] It flowreth in the Months of June and July.

Government and Vertues.] The Herb is an Herb of the Moon, and under the sign Cancer: neither do I know a better Preserver of the Sight when 'tis wel; nor a better Carer of sore Eyes, than Eye-bright taken inwardly; and this used outwardly: 'tis cold in quality. This Herb is no whit inferior unto the former; it having not only al the Vertues which the former hath, but some particular Vertues of its own found out by experience, as namely, The Distilled Water is a present Remedy for Hurts and Blows on the Eyes, and for Blindness, so as the Christaline Humor be not perished or hurt; and this hath been sufficiently proved true by the experience of a man of Judgment, who kept it long to himself as a great secret: It also cleereth the Eyes of dust or any other thing gotten into them, and preserveth the sight. It is also very much available against Wounds and Thrusts, being made into an Oyntment on this manner, To every ounce of the Water, ad two drams of May-butter without salt, and of Sugar and Wax of each as much also, let them boyl gently al together: Let Tents be dipped in the Liquor that remaineth after it is cold, and put into the Wounds, and the place covered with a linnen cloth doubled and anointed with the Oyntment; and this is also an approved Medicine. It likewise clenseth and healeth al foul Ulcers and Sores whersoever, and stayeth their inflammations by washing them with the Water, and laying on them a green Leaf or two in the Summer, or dry Leavs in the Winter. This Water gargled warm in the mouth, and sometimes drunk also, doth cure the Quinsie, or Kings-Evil in the Throat. The said water applied warm, taketh away al Spots, Marks, and Scars in the Skin: And a little of it drunk, quencheth thirst when it is extraordinary.

Eyes,
Blindness,
Wounds,
ulcers,
Inflam-
mations.
Quinsie,
Kings E-
vil,
Spots,
Marks,
Scars.

LOVAGE.

Lovage.

Descript.] **I**T hath many long and great stalks, of larg winged leavs divided into many parts like Smalage, but much larger and greater, every leaf being cut about the edges, broadest forwards, and smallest at the stalk, of a sad green colour, smooth and shining; from among which rise up sundry strong hollow green stalks, five or six foot, yea sometimes seven or eight foot high, full of joynts, but lesse leavs set on them than grow below; and with them toward the tops come forth long branches, bearing at their tops large umbels of yellow Flowers; and after them flat brownish seed. The Root groweth thick, great, and deep, spreading much, and enduring long, of a brownish colour on the out-side, and whitish within. The whole Plant, and every part of it, smelleth strong, and Aromatically, and is of an hot, sharp, biting taste.

Place.] It is usually planted in Gardens, where if it be suffered, it groweth huge, and great,

Time.] It Flowreth in the end of July, and seedeth in August.

Government and Vertues.] It is an Herb of the Sun under the sign Taurus, if Saturn offend the Throat (as he alwaies doth, if he be occasioner of the Malady, and in Taurus is the Genesis) this is your Cure. It openeth,

cutteth, and digesteth Humors, and mightily provoketh Wo-

Humors, Terms mens Courses and Urine. Half a dram at a time of the dried

provokes, Dis- Root in Pouder taken in Wine, doth wonderfully warm a

wry, Cold Sto- cold stomach, helping digestion, and consuming al raw and

mach, Indige- superfluous moisture therein: easeth al inward gripings and

stion, Wind, poy- pains, dissolveth wind, and resisteth Poyson and Infection:

son, Epidemical It is a known and much practised Remedy to drink the De-

Diseases, Agues coction of the herb for any sort of Ague, and to help the

bellyach, Quin- pains and torments of the Body and Bowels coming of cold.

sie, Pluresie, The Seed is effectual to al the purposes aforesaid (except the

Spots, Freckles last) and worketh more powerfully: The Distilled Water

Boyls. of the helpeth the Quinsie in the throat, if the mouth

and throat be gargled and washed therewith, and helpeth the

Pluresie, being drunk three or four times. Being dropped into the Eyes it

taketh away the redness or dimness of them; it likewise taketh away Spots or

Freckles in the Face. The Leavs bruised and fryed with a little Hogs Lard,

and laid hot to any Borch or Boyl, wil quickly break it.

Lungwort.

Descript.] **T**His is a kind of Moss that groweth on sundry sorts of trees especially Oaks, and Beeches, with broad, grayish, tough Leavs, diversly folded, crumpled, and gasbed in on the edges, and sometimes spotted also, with many smal spots on the upper-side: It was never seen to bear any stalk or flower at any time.

Government and Vertues.] Jupiter seems to own this Herb. This is of great use with many Physitians to help the Diseases of the Lungs, Coughs, Lungs, and for Coughs, Wheelings, and shortness of breath; Wheesing, Short-

ness of breath,
ulcers in the
Privities and
elsewhere.

which it cureth both in Man and Beast: It is very profitably put into Lotions that are taken to stay the moist Humors that flow to Ulcers and hinder their healing, as also to wash al other Ulcers in the privy parts of Man or Woman.

It is an excellent Remedy boyled in Beer for broken-winded Horses.

Madder.

Descript.] **G**arden Madder shooteth forth many very long, weak, four square, reddish Stalks trailing on the ground a great way, very rough or hairy, and full of Joints; at every of those Joints come forth divers long, and somewhat narrow Leavs, standing like a star about the stalks, rough also and hairy, toward the tops whereof come forth many smal pale yellow Flowers: after which come smal round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the Seed. The Root is not very great, but exceeding long, running down half a mans length into the ground, red and very cleer while it is fresh, spreading divers waies.

Place.] It is only manured in Gardens or larger Fields for the profit that is made thereof.

Time.] It flowreth towards the end of Summer, and the Seed is ripe quickly after.

Government and Vertues.] It is an Herb of Mars. It hath an opening quality, and afterwards to bind and strengthen. It is an assured Remedy for the yellow Jaundice by opening the Obstructions of the Liver and Gall, and cleansing those parts: It openeth also the Obstructions of the Spleen, and diminisheth the Melanchollick humor. It is available for the Palsey and Sciatica, and effectual for bruises inward or ourward, and is therefore much used in Vulnerary Drinks. The Root for all those aforesaid purposes, is to be boyled in Wine or Water, as the cause requireth, and some Honey or Sugar put therunto afterwards. The Seed hereof taken with Vinegar and Honey, helpeth the Swellings and hardness of the Spleen. The Decoction of the Leavs and Branches is a good Fomentation for Women to sit over that have not their Courses. The Leavs and Roots beaten and applied to any part that is discoloured with Freckles Morpew, the white Scurf, or any such deformity of the Skin, cleanseth them thoroughly, and taketh them away.

Maiden-hair.

Descript.] **O**ur common Maiden-hair doth from a number of hard black fibres, send forth a great many blackish shining brittle Stalks, hardly a span long; in many not half so long, on each side set very thick with smal round dark green Leavs, and spotted on the back of them like other Ferns.

Place.]

Place.] It groweth much upon old stone Walls in the West parts, and Wales, in Kent, and divers other places of this Land; It joyeth likewise to grow by Springs, Wells, and rockie, moist and shadowy places; and is alwaies green.

Wall-Rue, or ordinary White Maiden-hair.

Descript.] **T**His hath very fine pale green stalks, almost as fine as hairs, set confusedly with divers pale green Leaves on very short Footstalks, somewhat neer unto the color of Garden Rue, and not much differing in form, but more diversly cut in on the edges, and thicker, smooth on the uper part, and spotted finely underneath.

Place.] It groweth in many places of this Land, as at Duntford, and the Bridg at Ashford in Kent, at Beconsfield in Buckinghamshire, at Welley in Huntingdonshire, on Frammingham Castle in Suffolk, on the Church wals at Mayfield in Sussex, in Summerfetshire, and divers other places of this Land, and is green in Winter as well as in Summer.

Government and Vertues.] Both this and the former are under the Dominion of Mercury, and so is that also which follows after; and the Vertues of both these are so neer alike, that although I have described them and their places of growing severally, yet I shal in writing the Vertues of them, joyn them both together as followeth:

The Decoction of the Herb Maidenhair being drunk, helpeth those that are troubled with the Cough, shortness of breath, the yellow Jaundice, diseases of the Spleen, stopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys (in the yellow al which diseases the Wall-Rue is also very effectual.) It provokes Womens Courses, and stayeth both Bleedings and Fluxes of the Stomach and Belly, especially when the Herb is dry, for being green it looseth the Belly, and avoideth Cholera and Stone, Flegm from the Stomach and Liver, it clenseth the Lungs, and by rectifying the Blood causeth a good color to the whole Body; The Herb boyled in Oyl of Chamomeli dissolveth Knots, alayeth Swellings, and drieth up moist Ulcers. The Ly made thereof is singular good to cleanse the Head from Scurf, and from dry and running Sores; stayeth the falling or shedding of the Swellings, Hair, and causeth it to grow thick, fair, and wel colored; for which purpose some boyl it in Wine, putting some Smallage seed thereto, and afterwards some Oyl. The Wall-Rue is as effectual as Maidenhair in al diseases of the Head, and falling or Baldness. the recovering of Hair again; and generally for al the aforementioned Diseases; And besides, The Pouder of it taken in drink for forty daies together, helpeth the burstings in Children.

Golden Maiden-hair.

TO the two former give me leave to ad this, and I shal do no more but only describe it unto you; and for the Vertues refer you to the former

mer, such whatsoever is said of them, may be also said of this.

Description.] It hath many smal brownish red hairs to make up the form of Leavs growing about the ground from the Root, and in the middle of them in Summer, rise smal Stalks of the same color, set with very fine yellowish green hairs on them, and bearing a smal gold yellow Head, lesser than a wheat Corn, standing in a great Husk. The Root is very smal and thriddy.

Place.] It groweth on Bogs and Moorish places, and also on dry shadowy places, at Hamsted Heath, and elsewhere.

Mallows, and Marsh-Mallows.

Common Mallows are generally so well known that they need no Description.

Our common Marsh-Mallows have divers soft hoary white stalks rising to be three or four foot high, spreading forth many Branches, the Leavs wherof are soft and hairy, somewhat lesser than the other Mallow Leavs, but longer pointed; cut (for the most part) into some few divisions, but deep: The Flowers are many, but smaller also than the other Mallows, and white, or tending to a bluish color. After which come such like round cases and seed as in the other Mallows. The Roots are many and long, shooting from one Head, of the bigness of a Thumb or Finger, very pliant, tough and bending like Liquoris, of a whitish yellow color on the outside, and more white within, full of a slimy juice, which being laid in water wil thicken it as if it were gelly.

Place.] The Common Mallows grow in every Country of this Land.

The Common Marsh-Mallows in most of the the Salt Mathes from Woolwich, down to the Sea, both on the Kentish and Essex Shores, and in divers other places of this Land.

Time.] They flower at the Summer Months, even until the Winter do pul them down.

Government and Vertues.] Venus owns them both. The Leavs of either of the sorts before specified, and the Roots also boyled in Wine or Water, or in Broth with Parsly or Fennel roots, doth help to open the Body, and is very convenient in hot Agues, or other distempers of the Body to apply the Leavs so boyled warm to the Belly: It not only voideth hot Chollerick and other offensive Humors, but easeth the pains and torments of the Belly coming therby; and are therefore used in al Clysters conducing to those purposes: The same used by Nurses, procureth them store of Milk. The Decoction of the Seed of any of the common Mallows, made in Milk or Wine, doth mervelously help exco-riations, the Phisick, Pleuresie, and other Diseases of the Chest and Lungs that proceed of hot causes; if it be continued taking for some time together: The Leavs and Roots work the same effects: They help much also in the exco-riations of the Guts and Bowels, and hardness of the Mother, and in al hot and sharp

sicknes, sharp Diseases therof. The Juyce drunk in Wine, or the Decoction of them therein, doth help Women to a speedy and easie
Eyes, Delivery. *Pliny* saith, That whosoever shal take a spoonful of
Bees, any of the Mallows, shal that day be free from al Diseases: that
Wasps &c. may come unto him; and that it is special good for the Falling-
Poyson, sickness. The Syrup also, and Conserve made of the Flowers
hard swell- are very effectual for the same Diseases, and to open the Body
ling, being costive: The Leavs bruised and laid to the Eyes with a
Inflamati- little Honey, taketh away the Impostumations of them. The
on, Cods, Leavs bruised or rubbed upon any place stung with Bees, Wasps,
Liver, or the like, presently taketh away the pains, redness, and swellings
Spleen, that rise thereupon: and *Dioscorides* saith, The Decoction of
Roughnes the Leavs and Roots helpeth al sorts of Poyson, so as the Poyson
of the skin be presently voided by Vomit. A Pultis made of the Leavs
Scurf, boyled and bruised, wherunto ad some Bean or Barly flower and
Dandrif, Oyl of Roses, is an especial Remedy against al hard Tumors and
Scabby Inflammations of Imposthumes and Swellings of the Cods and
Heads, other parts, and ease the pains of them; as also against the
Scalding, hardness of the Liver or Spleen, being applied to the places.
Burning, The Juyce of the Mallows boyled in old Oyl and applied, taketh
St. Antho- away al roughness of the Skin, as also the Scurf, Dandrif, or
nies fire, dry Scabs in the Head or other parts if they be anointed there-
fore Mouth with, or washed with the Decoction, and preserveth the Hair
& Throat, from falling off. It is also effectual against Scaldings and Bur-
Baldnes, nings, St. Anthonies fire, and al other hot, red, and painful
Thorns. Swellings in any part of the Body. The Flowers boyled in Oyl
or Water (as every one is disposed) wherunto a little Honey and Allum is
put, is an excellent Gargle to wash, cleanse, and heal any sore Mouth,
or Throat, in a short space. If the Feet be bathed or washed with the De-
coction of the Leavs, Roots, and Flowers, it helpeth much the Defluxions
of Rheum from the Head: If the Head be washed therewith, it staith the
falling and shedding of the Hair. The green Leavs (saith *Pliny*) beaten
with Nitre and applied, draweth out Thorns or Pricks in the Flesh.

The Marsh-Mallows are more effectual in al the Diseases before mentio-
ned: The Leavs are likewise used to loosen the Belly gently,
Belly, and in Decoctions for Clysters to ease al pains of the Body, open-
Stone, ing the strait Passages, and making them slippery, wherby the
Reins, Stone may descend the more easily, and without pain out of the
Kidneys, Reins, Kidneys and Bladder, and to ease the torturing pains
Bladder, therof: But the Roots are of more especial use for those purpo-
Coughs, ses, as wel as for Coughs, Hoarsness, shortness of breath, and
shortnes Wheefings, being boyled in Wine or Honeyed Water and drunk.
of breath, The Roots and Seeds herof boyled in Wine or Water, is with
wheefing, good success used by them that have Excoriations in the Gurs,
Excoriati- or the Bloody flux, by qualifying the violence of the sharp fret-
on of the ting Humors, easing the pains, and healing the soreness. It is
profitably

Guts, profitably taken of them that are troubled with Ruptures,
Raptures, Cramps, or Convulsions of the Sinews; and boyled in white
Cramps, Wine for the Imposthumes of the Throat, commonly called the
Convulsions, Kings Evil, and of those Kernels that rise behind the Ears,
The Kings and Inflammations or swellings in Womens Breasts. The dried
Evil, Roots boyled in Milk and drunk is special good for the Chin-
Kernels, cough. Hippocrates used to give the Decoction of the Roots,
Chincough or the Juycce therof to drink to those that were wounded, and
Wounds, ready to faint through loss of Blood, and applied the same mix-
bruises, ed with Honey and Rozin to the Wounds: As also the Roots
Falls, boyled in Wine to those that had received any hurt by Bruises,
Blows, Falls, or Blows, or had any Bone or Member out of Joynt, or a-
Muscles, ny swelling pain or ach in the Muscles, Sinews, or Arteries.
Morphew, The Muccilage of the Roots, and of Linseed, and of Fennugreek
Sundur- put together, is much used in Pultrisses, Oyntments, and Plai-
ning. sters, to mollifie and digest al hard swellings, and the Inflamati-
 on of them, and to ease pains in any part of the Body. The Seed
 either green or dry mixed with Vinegar clenseth the Skin of the
 Morpew, and al other discolorings, being bathed therewith in the Sun.

You may remember that not long since there was a raging Disease called the Bloody Flux; the Colledg of Physitians not knowing what to make of it, called it, The Plague in the Guts, for their wits were at *ne plus ultra* about it. My son was taken with the same Disease, and the excoriation of his Bowels was exceeding great; my self being in the Country was sent for up; the only thing I gave him was Mallows bruised and boyled both in his Milk and Drink, in two daies (the blessing of God being upon it) it cured him, and I here to shew my thankfulness to God in communicating it to his Creatures, leav it to posterity.

Maple-Tree.

Government and Vertues.

Liver streng- **I**T is under the Dominion of Jupiter. The Decoction
thens, open ob- either of the Leavs or Bark must needs strengthen the
structions of Liver much, and so you shal find it do if you use it: it is
the Liver and excellent good to open obstructions both of the Liver and
Spleen, pains in Spleen, and easeth pains of the sides thence proceeding.
the sides.

Wild Marjoram.

Called also Organe, Origanum, Bastard Marjoram, Wild Marjoram,
 and Grove Marjoram.

Description.] Wild or Field Marjoram hath a Root which creepeth much
 under ground, which continueth a long time, sending up sundry brownish hard
 square stalks with smal dark green Leavs very like those of sweet Marjo-
 ram, but harder, and somewhat broader; at the tops of the stalks stand tufts
 of Flowers of a deep purplish red color; the Seed is smal and something black-
 er than that of sweet Marjoram.

Place.]

Place.] It groweth plentifully in the borders of Corn Fields, and in some Coples.

Time.] It flowreth toward the latter end of Summer.

Stomach, Head, Humors, appetite, cough, Consumption of the Lungs, poyson, Cholter, Spleen, venomous Beasts, poyson, urine provoketh, terms provokes, Dropſie, ſcurvy, ſcabs, Itch, leproſie, yellow Jaundice, Deafneſſ, noiſe and pain in the Ears.

Government and Vertues.] This alſo is under the Dominion of *Mercury*. It ſtrengthens the ſtomach and Head much, there being ſcarce a better remedy growing for ſuch as are troubled with a ſowr humor in their ſtomachs; it reſtores Appetite being loſt, helps the Cough and Conſumption of the Lungs, it clenſeth the Body of Choller expelleth poyſon, and remedieſh the infirmities of the ſpleen, helps the bitings of Venemous Beasts, and helps ſuch as have poyſoned themſelvs by eating Hemlock, Henbane, or Opium; it provoketh Urin and the Terms in Women, helps the Dropſie and the Scurvy, Scabs, Itch, and the yellow Jaundice: the Juyce being dropped into the Ears, helps Deafneſſ, pain and noiſe in the

Ears. And thus much for this Herb, between which and Adders there is a deadly Antipathy.

Sweet Marjoram.

Sweet Marjoram is ſo wel known, being an Inhabitant in every Garden, that it is needleſſ to write any Deſcription thereof, neither of the Winter Sweet Marjoram, nor Pot Marjoram.

Place.] They grow commonly in Gardens; ſome ſorts there are that grow wild in the Borders of Corn Fields, and Paſtures in ſundry places of this Land, but it is not my purpoſe to inſiſt upon them: The Garden kinds being moſt uſed and uſeful.

Time.] They flower in the end of Summer.

Government and Vertues.] It is an Herb of *Mercury*, and under *Aries*, and is therefore an excellent Remedy for the Brain and other parts of the Body and Mind, under the Dominion of the ſame Planer. Our common

Head, Stomach, Breast, Obſtructions, Liver, Spleen, Womb, Wind, Dropſie, Belly-ach, Terms provokes, Sweet Marjoram is warming and comfortable in cold Diſeaſes of the Head, Stomach, Sinews, and other parts, taken inwardly, or outwardly applied: The Decoction thereof being drunk, helpeth al Diſeaſes of the Cheſt which hinder the freeneſſ of breathing, and is alſo profitable for the Obſtructions of the Liver and Spleen: It helpeth the cold griefs of the Womb, and the windineſſ thereof, and the loſſ of Speech, by reſolution of the Tongue. The Decoction thereof made with ſome Pellitory of Spain, and long Pepper, or with a little Acorus or Origanum, being drunk, is good for thoſe that are beginning to fal into a Dropſie, for thoſe that cannot make Water, and againſt pains and torment in the Belly; it provoketh Womens Courſes if it be put up as a Peſſary. Being made into Pouder and mixed with Honey, it taketh away the black marks of blows and bruises, being

Marks of being thereto applied. It is good for the Inflammations and wa-
Blows, tering of the Eyes, being mixed with fine Flower and laid unto
Noise in them. The Juyce dropped into the Ears easeth the pains and
the Ears, singing noise in them. It is profitably put into those Oynt-
Joynts, ments and Salves that are made to warm and comfort the our-
Sinews, ward parts, as the Joynts and Sinews, for Swellings also, and
Swellings, places out of Joynt. The Pouder therof snuffed up into the
sneezing, Nose, provoketh sneezing, and therby purgeth the Brain; and
Flegm. chewed in the Mouth draweth forth much Flegm. The Oyl
 made therof is very warming and comfortable to the Joynts that
 are stiff, and the Sinews that are hard, to mollifie and supple them. Marjo-
 ram is much used in al odoriferous Waters, Pouders, &c. that are for orna-
 ment or delight.

Marigolds.

THese being so plentiful in every Garden, are so wel known that they
 need no Description.

Time.] They flower al the Summer long, and sometimes in Winter if it
 be mild.

Government and Vertues.] It is an Herb of the Sun, and under Leo:
 They strengthen the Heart exceedingly, and are very expulsive,
Hearts, and little less effectual in the smal Pox and Meazles than Saf-
Vital fron. The Juyce of Marigold Leavs mixed with Vinegar, and
Spirits, any hot swelling bathed with it, instantly giveth ease and asswa-
pestilence, geth it. The Flowers either green or dried are used much in
smal Pox, Possiets, Broths, and Drinks as a comforter of the Heart and Spi-
Meazles, rits, and to expel any malignant or pestilential quality which
Hot swell- might annoy them. A Plaister made with the dry Flowers in
ings, Pouder, Hogs Greas, Turpentine and Rozin, and appled to the
Feavers, Breast, strengthens and succors the Heart infinitely in Feavers
pestilence. whether pestilential or not pestilential.

Masterwort.

Descript.] **C**ommon Masterwort hath divers stalks of winged Leavs
 divided into sundry parts, three for the most part standing
 together at a smal footstalk on both sides of the greater, and three likewise at
 the end of the stalk, somewhat broad and cut in on the edges into three or more
 divisions, all of them dented about the brims, of a dark green color, somewhat
 resembling the Leavs of Angelica, but that these grow lower to the ground,
 and on lesser stalks; among which rise up two or three short stalks about two
 foot high, and slender, with such like Leavs at the Joynts as grow below,
 but with lesser and fewer divisions, bearing umbels of white Flowers, and
 after them smal, thin, flat, blackish seed bigger than Dil seeds: The Root is
 somewhat greater and groweth rather sideways than down deep into the
 ground, shooting forth sundry heads, which tast sharp, biting on the tongue,
 and is the hottest and sharpest part of the Plant, and the seed next unto it,

being somewhat blackish on the outside, and smelling well.

Place.] It is usually kept in Gardens with us in England.

Time.] It flowreth and seedeth about the end of August.

Government and Vertues.] It is an Herb of Mars. The cold griefs of stomach, cold Rheums, wind, stone, Gravel, womens Courses, dead child Mother, Dropse, cramps, & Falling-sicknes, Cold poysons, sweat Green Wounds, Rotten ulcers, gout. Root of Masterwort is hotter than Pepper, and very available in al cold griefs and Diseases both of stomach and body, dissolving very powerfully upward and downward: It is also used in a Decoction with Wine against al cold Rheums, or Distillations upon the Lungs, and shortness of breath, to be taken morning and evening; it also provoketh Urin, and helpeth to break the Stone, and expel the Gravel from the Kidneys, procureth Womens Courses, and expelleth the dead birth; is singular good for the strangling of the Mother, and other such like Feminine Diseases. It is effectual also against the Dropse, Cramps, & the Falling-sicknes, for the Decoction in Wine being gargled in the Mouth, draweth down much Water and Flegm from the Brain, purging and easing it of what oppresseth it. It is of a rare qualitie against al sorts of cold poyson, to be taken as there is cause; it provoketh sweat: but lest the tast hereof, or of the Seed (which worketh to the like effect, though not so powerfully) should be too offensive, the best way is to take the Water distilled both from the Herb and Root. The Juyce hereof dropped, or Tents dipped therein, and applied either to green Wounds, or filthy rotten Ulcers, and those that come by invenomed Weapons, doth soon cleanse and heal them: The same is also very good to help the Gout coming of a cold cause.

Sweet Maudlin.

Descript.] Common Maudlin have somewhat long, and narrow Leavs, snip'd about the edges: the stalks are two foot high, bearing at the tops many yellow Flowers set round together and al of an equal height in Umbels, tufts like unto Tansie; after which flowreth smal whitish Seed almost as big as Wormseed. The whol Herb is sweet and bitter.

Place and Time.] It groweth in Gardens, and Flowreth in June and July.

Government and Vertues.] The Vertues hereof being the same with Costmary, or Alecost, I shal not trouble you to make any repetition thereof, lest my Book grow too big: but rather refer you unto Costmary for satisfaction.

The Medlar.

Descript.] This Tree groweth neer the bigness of the Quince Tree, spreading Branches reasonable large, with longer and narrower Leavs than either the Apple or Quince, and not dented about the edges: At the end of the sprigs stand the Flowers made of five white, great broad pointed Leavs, nicked in the middle, with some white thrids also: after

after which cometh the Fruit, of a brownish green color being ripe, bearing a Crown as it were on the top, which were the five green Leavs; and being rubbed off or fallen away, the head of the Fruit is seen to be somewhat hollow. The Fruit is very harsh before it be mellowed, and hath usually five hard kernels within it.

There is another kind herof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not, and the Fruit is smal and not so pleasant.

Time.] They grow in this Land, and Flower in May for the most part, and bear ripe Fruit in September, and October.

Government and Vertues.] The Fruit is old Saturns, and sure a better Medicine he hardly hath to strengthen the Retentive faculty, therefore it staies Womens Longings, the good old man cannot endure Womens minds should run a gadding: Also a Plaister made of the Fruit dried

Miscar-
riage,
Fluxes,
stayeth
womens
Longings,
Hinders
Miscar-
riage,
Gargle,
womens
Courses,
Piles,
Loathing
of Meats,
or Casting,
bleeding,
Fresh
wounds,
stone in the
Kidneys.

before they be rotten, and other convenient things, and applied to the Reins of the Back, stops Miscarriage in Women with Child. They are very powerful to stay any Fluxes of Blood or Humors in Man or Woman: the Leavs have also the like quality. The Fruit eaten by Women with Child, stayeth their Longings after unusual meats, and is very effectual for them that are apt to Miscarry, and be delivered before their time, to help that Malady, and make them joyful Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat, and Teeth, when there is any defluxion of Blood to stay it, or of Humors, which causeth pains and swellings: It is a good bath for Women to sit over that have their Courses flow too abundantly; or for the Piles when they bleed too much. If a Pulvis or Plaister be made with dried Medlars, beaten and mixed with the Juyc of red Roses, wherunto a few Cloves and Nutmeg may be added, and a little red Corral also, and applied to the Stomach that is given to casting, or loathing of Meats, it effectually helpeth. The dried Leavs in Pouder, strewed on fresh bleeding Wounds, restraineth the Blood, and healeth up the Wound quickly: The Medlar stones made into Pouder and drunk in Wine, wherein som Parsly Roots have lien infused all night, or a little boyled, do break the stone in the Kidneys, helping to expel it.

Melilot, or Kings-Claver.

Descript.] **T**His hath many, greene stalks two or threer foot high, rising from a tough long white Root, which dieth not every year, set round about at the joynts with smal, and somewhat long wel smelling leavs set three together, unevenly dented about the edges: The flowers are yellow, and wel smelling also, made like other Trefoyls, but smal, standing in long spikes, one above another, for an hand breadth long, or better, which afterwards turn into long crooked Cods, wherein is contained flat seed, somewhat brown.

Place.]

Place.] It groweth plentifully in many places of this Land, as in the edge of Suffolk, and in Essex, as also in Huntington shire, and in other places, but most usually in Corn fields, in corners of Meadows.

Time.] It flowreth in June and July, and is ripe quickly after.

Government and Vertues.] Melilot boyled in Wine and applied, mollifieth al hard Tumors and Inflammations that happen in the Eyes or other parts of the Body, as the Fundament; or privy parts of Man or Woman; and sometimes the yolk of a roasted Eg, or fine Flower or Poppy-seed, or Endive is added unto it. It helpeth the spreading Ulcers in the head, it being washed with a Ly made therof; It helpeth the pains of the Stomach being applied fresh, or boyled with any of the aforementioned things. It helpeth also the pains of the Ears being dropped into them; and steeped in Vinegar and Rose water, it mitigateth the head-ach. The flowers of Melilot, and Chamomel, are much used to be put together in Clisters to expel Wind, and to ease pains; also into Pultices for the same purpose, and to assuage Swellings, or Tumors in the Spleen or other parts; and helpeth Inflammations in any part of the Body. The juyce dropped into the Eyes, is a singular good Medicine to take away any film or skin that cloudeth or dimneth the Eye. The head often washed with the Distilled Water of the Herb and Flowers, or a Ly made therewith, is effectual for those that have suddenly lost their senses; as also to strengthen the Memory, to comfort the Head and Brains, and to preserve them from pains and the Apoplexy.

French, and Dogs Mercury.

Descript.] **T**His riseth up with a square green stalk full of joynts two foot high or therabouts, with two leaves at every joynt, and branches likewise from both sides of the stalk, set with fresh green leaves somewhat broad and long, about the bigness of the Leavs of Bassel finely dented about the edges: towards the tops of the stalks and branches come forth at every joynt in the Male Mercury two smal round green heads, standing together upon a short foot-stalk, which growing ripe are the seeds, not having any Flower: In the Female, the stalk is longer, spike fashion, set round about with smal green husks, which are the flowers made like smal branches of grapes which give no seed, but abide long upon the stalks without shedding: The Root is composed of many smal Fibres, which perisheth every year at the first approach of Winter, and riseth again of its own sowing, and where it once is suffered to sow it self, the ground wil never want it afterwards, even both sorts of it.

Dogs Mercury.

HAVING Described unto you that which is called French Mercury, I com now to shew you in a Description this kind also.

Descript.] This is likewise of two kinds, Male and Female, having many stalks,

stalks, slenderer and lower than Mercury, and without any branches as al upon them: The Male is set with two Leavs at every joynt, somewhat greater than the Female, but more pointed and ful of Veins, and somewhat harder in handling, of a darker green colour, and less dented, or snip'd about the edges: At the Joynts with the Leavs come forth longer stalks than the former, with two hairy round Seeds upon them, twice as big as those of the former Mercury: The tast hereof is Herby, and the smel somewhat strong and Virulent: The Female hath much harder leavs standing upon longer foot-stalks, and the stalks are also longer: from the joynts come forth spikes of flowers, like the French Female Mercury: The Roots of them both are many, and ful of small Fibres, which run under ground, and mat themselves very much, not perishing as the former Mercuries do; but abiding the winter, and shoot forth new Branches every year (for the old die down to the ground)

Place.] The Male and Female French Mercury are found wild in divers places of this Land; as by a Village called Brookland in Rumny-Marsh in Kent.

The Dogs-Mercury in sundry places of Kent also, and elsewhere; but the Female more seldom than the Male.

Time.] They flourish in the Summer months, and therein give their Seed.

Government and Vertues.] Mercury they say owns this Herb, but I rather think 'tis Venus, and am partly confident of it too: for I never read that Mercury ever minded Womens business so much; I beleeve he minds his Study more. The Decoction of the Leavs of Mercury, or the Juyce thereof

Purgeth	in Broth, or drunk with a little Sugar put to it, purgeth Chol-
Chollick	lerick and Waterish Humors. Hippocrates commendeth it won-
Humors,	derfully for Womens Diseases; and applied it to the secret parts
Womens	to ease the pains of the Mother; and used the Decoction of it,
Sicknes,	both to procure Womans Courses, and to expel the After-birth:
Mother,	And gave the Decoction thereof with Mirrh or Pepper, or used
Womens	to apply the Leavs outwardly against the Strangury, and Diseases
Courses,	of the Reins and Bladder. He used it also for sore and watering
Strangury,	Eyes, and for the Deatness and pain in the Ears, by dropping
sore Eyes,	the Juyce thereof into them, and bathing them afterwards in
Agues,	white Wine. The Decoction thereof made with Water, and a
Flgm,	Cock Chicken, is a most safe Medicine against the hot fits of
Rheums,	Agues: it also clenseth the Breast and Lungs of Flegm, but a lit-
and	tle offendeth the Stomach: The Juyce or distilled Water snuf-
Catarrhes,	fed up into the nostrils, purgeth the Head and Eyes of Catarrhes
Melan-	and Rheums. Some use to drink two or three Ounces of the di-
cholly	stilled Water, with a little Sugar put to it, in the morning fa-
Humors,	sting, to open and purge the Body of gross viscuous and Melan-
Yellow	cholly Humors. It is wonderful (if it be not fabulous) that
Falundice,	Dioscorides and Theophrastus do relate of it, viz. That if Wo-
Warts,	men use these herbs either inwardly or outwardly for three dayes
	together after Conception, and their Courses be past, they shal
	bring

Scabs, Tetter, Ring-worms, Swellings, Inflammations, waterish & Melancholly Humors. bring forth Male or Female Children, according to that kind of Herb they use. *Mathiolus* saith, That the Seed both of the Male and Female Mercury boyled with Wormwood and drunk, cureth the yellow Jaundice in a speedy manner: The Leavs or the juyce rubbed upon Warts, taketh them away: The juyce mingled with some Vinegar, helpeth al running Scabs, Tetter, Ring-worms, and the Itch: *Galen* saith, That being applied in manner of a Pultis, to any swelling or Inflammation, it digesteth the Swelling and allayeth the Inflammation; and is therfore given in Clysters to evacuate the Belly from offensive Humors. The Dogs Mercury, although it be less used, yet may serve in the same manner to the same purpose to purge waterish and Melancholly Humors.

Mint.

Descript.] **O**F al the kinds of Mints, the Spear-Mint, or Heart-Mint, being most useful: I shal only describe it, as followeth: Spear-Mint, hath divers round stalks and long, but narrowish Leavs set theron, of a dark green color. The flowers stand in spiked beads at the tops of the Branches, being of a pale bluish colour. The smel or scent hereof is somewhat neer unto Basil; it encreaseth by the Root under ground, as al the others do.

Place.] It is an usual inhabitant in Gardens; and because it seldom giveth any good Seed, the defect is recompenced by the plentiful encreas of the root which being once planted in a Garden, wil hardly be rid out again.

Time.] It Flowreth not until the beginning of *August*, for the most part.

Government and Vertues.] It is an Herb of *Venus*. *Dioscorides* saith, It hath a Heating, Binding, and drying quality, & therfore Provokes venery the Juyce taken with Vinegar, stayeth Bleeding; it stirreth stays vomiting, up Venery, or bodily Lust. Two or three Branches thereof allayeth chollier taken with the Juyce of sower Pomegranates, stayeth the Hiccough, Vomitting, and allayeth the Chollier. It dissolveth great Breasts, Imposthums being laid to with Barly-meal. It is good to repress the Milk in womens Breasts, and for such as have swollen, flagging, or great Breasts. Applied with Salt, it helpeth the biting of a mad Dog; with Mead or Honyed-water, it easeth the pains of the Ears, and taketh away the roughness of the Tongue, being rubbed therupon. It suffereth not Head, Sores & milk to curdle in the Stomach if the Leavs hereof be steeped or boyled in it before you drink it. Briefly it is very profitable to the Stomach. The often use hereof is a very powerful Medicine to stay Womens Courses, and the Whites. Liver, & Stomach, stayeth Applied to the Forehead or Temples, it easeth pains of the Head. And is good to wash the Heads of yong Children Vomiting, and therewith, against al manner of breakings out, Sores, or Scabs Hiccough, provoketh Lust, therin; and healeth the chops of the Fundament. It is also profitable against the Poyson of Venemous Creatures. The

Spleen, Gravel, Stone, & strangury, comforts the Head, sore Mouth, ill Breath, Pallat-down. Distilled Water of *Mints* is available to all the purposes fore-
said, yet more weakly. But if a Spirit thereof be right-
ly and Chymically drawn, it is much more powerful than
the Herb it self. *Simeon Sethi* saith, It helpeth a cold Liver,
strengthneth the Belly and Stomach, causeth digestion, stay-
eth Vomit and the Hiccough. is good against the Gnawings
of the Heart, provoketh Appetite, taketh away Obstructions
of the Liver, and stirreth up bodily Lust; But thereof too

much must not be taken, because it maketh the Bloud thin and wheyish, and
turneth it into Choller, and therefore Chollerick persons must abstain from
it. It is a safe Medicine for the biting of a mad Dog, being bruised with
Salt and laid thereon. The Pouder of it being dried and taken after Meate,
helpeth digestion, and those that are Splenetick: taken with Wine it hel-
peth Women in their sore Travel in Child bearing: It is good against the
Gravel and Stone in the Kidneys, and the Strangury. Being smelled unto,
it is comfortable for the Head and Memory. The Decoction thereof gar-
gled in the Mouth, cureth the Gums and Mouth that is sore, and mendeth
an ill favored Breath: as also with Rue and Coriander, causeth the Pallat
of the Mouth that is down to return to his place, the Decoction being gar-
gled and held in the Mouth.

The Vertues of the Wild or Horse *Mints*, such as grow in Ditches (whose
Description I purposely omitted in regard they are wel enough known) are
especially to dissolve Wind in the Stomach, to help the
wind, Venereal Chollick, and those that are short Winded, and are an e-
special Remedy for those that have Venerious Dreams and
Dreams, and nightly polluti- ons, Ears pain- ed, biting of pollutions in the night, being outwardly applyed to the Te-
sticles or Cods. The juyce dropped into the Ears, easeth the
pains of them, and destroyeth the Worms that breed therein.
Serpents, Kings Evil, a stinking Breath, Leprosie They are good against the Venemous biting of Serpents.
The juyce laid on warm, helpeth the Kings Evil, or Kernels
in the Throat: The Decoction or Distilled Water helpeth
a stinking Breath proceeding from the corruption of the
Teeth; and snuffed up into the Nose, purgeth the Head.

Pliny saith, That eating of the Leavs hath been found by experience to cure
the Leprosie, and applying some of them to the Face, and to help the Scurf
or Dandrif of the head, used with Vinegar.

They are extreame bad for wounded people; and they say a wounded man
that eats Mints, his Wound wil never be Cured; and that's a long
day.

Missekto.

Descript.] **T**His riseth up from the Branch or Arm of the Tree wheron
it groweth, with a woody stem, parting it self into sundry
Branches, and they again divided into many other smaller twigs, interlacing
themselves one within another, very much covered with a grayish green bark,
leaving two Leavs set at every joynt, and at the end likewise, which are
some

somewhat long and narrow, smale at the bottom, but broader toward the end. At the knots or joints of the Boughs and Branches grow smal yellowish flowers, which turn into smal round white transparent Berries three or four together, full of gluttenous moisture, with a blackish Seed in every of them, which was never yet known to spring, being put into the ground, or any where else to grow.

Place.] It groweth very rarely on Oaks with us, but upon sundry other, as wel Timber as Fruit-Trees, plentifully in Woods, Groves, and the like, through al this Land.

Time.] It Flowreth in the Spring time, but the Berries be not ripe until October, and abide on the Branches al the Winter, unless the Black-Birds, and other Birds do devour them.

Government and Vertues.] That it is under the Dominion of the Sun, I do not question; and can also take for granted, That that which grows upon Oaks participates something of the Nature of Jupiter, because an Oak is one of his Trees; as also that w^{ch} grows upon Pear-trees, and Apple-trees, participates something of his Nature, because he rules the Trees it grows upon, having no Root of its own: But why that should have most Vertues that grows upon Oaks I know not, unless because 'tis rarest, and hardest to come by; and our Colledges Opinion is in this, contrary to the Scripture, which saith, *Gods tender mercies are over all his works*, and so 'tis, let the Colledge of Physicians walk as contrary to him as they please, and that's as contrary as the East is to the West. *Clusius* affirms that which grows upon Pear-trees to be as prevalent, and give order that it should not touch the ground after it is gathered, and also saith, That being hung about the Neck it remedies Witchcraft. Both the Leavs and Berries of Misselto do heat and dry, and are of subtil parts:

Witchcraft about the Neck it remedies Witchcraft. Both the Leavs and Berries of Misselto do heat and dry, and are of subtil parts:

Impostums The Birdlime doth mollifie hard Knots, Tumors and Iupost-humes, ripeneth and discusseth them; and draweth forth thick as well as thin Humors from the remote places of the Body, digesting and separating them: And being mixed with equal parts of Rozin and Wax, doth mollifie the hardness of the Spleen, and healeth old Ulcers and Sores: Being mixed with Sandarack, and Orment, it helpeth to draw off foul Nails; and if

Spleen, humes, ripeneth and discusseth them; and draweth forth thick

ulcers as well as thin Humors from the remote places of the Body, digesting and separating them: And being mixed with equal parts

Falling- of Rozin and Wax, doth mollifie the hardness of the Spleen,

Sickneß, and healeth old Ulcers and Sores: Being mixed with Sandarack, and Orment, it helpeth to draw off foul Nails; and if

Apoplexy, Quickelime and Wine Lees, be added therunto it worketh the

Palsy, stronger. The Misselto it self of the Oak (as the best) made

Impostums into Pouder and given in drink to those that have the Falling-sickness, doth assuredly heal them as *Mastihulus* saith, but it is fit to use it for forty daies together. Some have so highly esteemed of the Vertues hereof that they have called it, *Lignum Sanctæ Crucis*, Wood of the holy Cross, beleeving it to help the Falling-sickness, Apoplexie, and Palsie very speedily, not only to be inwardly taken, but to be hung at their Necks. *Tragus* saith, That the fresh Wood of any Misselto bruised, and the Juyce drawn forth and dropped into the Ears that have Impostumes in them, doth help and eal them within a few daies.

Money-wort, or Herb-Twopence.

Descript.] **T**He common Money-wort, sendeth forth from a smal thriddy Root, divers long, weak, and slender Branches lying and running upon the ground two or three foot long or more, set with Leavs two at a Joynt one against another at equal distances, which are almost round, but pointed at the ends, smooth, and of a good green color: At the Joynts with the Leavs from the middle forward come forth at every joynt sometimes one yellow Flower, and sometimes two, standing each on a smal Footstalk, and made of five Leavs, narrow, and pointed at the ends, with some yellow threds in the middle: which being past, there stand in their places smal round Heads of Seed.

Place.] It groweth plentifully in almost al places of this Land; commonly in moist grounds by Hedg sides, and in the middle of grassy Fields.

Time.] They flower in June and July, and their Seed is ripe quickly after.

Government and Vertues.] Venus owns it. Money-wort is singular good to stay al Fluxes in Man or Woman, whether they be Fluxes, Lasks, bloody Fluxes, the flowing of Womens Courses, bleedings inwardly or outwardly, and the weakness of the Stomach that is given to casting. It is very good also for al Ulcers, or Green Wounds, Excoriations of the Lungs or other inward parts. It is exceeding good for al Wounds, either fresh or green to heal them speedily; and for old Ulcers that are of a spreading Nature: For al which purposes, the Juyce of the Herb, or the Pouder drunk in Water wherein hot Steel hath been often quenched; or the Decoction of the green Herb in Wine or Water drunk; or the Seed, Juyce, or Decoction used to the outward places to wash or bath them, or to have Tents dipped therein and put into them, are effectual.

Moon-wort.

Descript.] **I**T riseth up usually but with one dark green thick and fat Leaf standing upon a short footstalk, not above two fingers breadth; but when it wil flower it may be said to bear a smal slender stalk about four or five inches high, having but one Leaf set in the middle thereof, which is much divided on both sides into sometimes five or seven parts on a side, sometimes more, each of which parts is smal next the middle rib, but broad forwards and round pointed, resembling therein an half Moon from whence it took the name, the upermost parts or divisions being less than the lowest: The stalk riseth above this Leaf two or three inches, bearing many branches of smal long Tongues, every one like the spiky head of Adders-Tongue, of a brownish color, which whether I shal cal them Flowers or the Seed, I wel know not: which after they have continued a while resolve into a Mealy dust: The Root is smal and Fibrous. This hath sometimes divers such like Leavs as are before described, with so many branches or tops arising from one Stalk each divided from the other.

Place.]

Place.] It groweth on Hills, and Heaths, yet where there is much Grass, for therein it delighteth to grow.

Time.] It is to be found only in *April* and *May*, for in *June* when any hot weather cometh, for the most part it is withered and gone.

Government and Vertues.] The *Moon* owns the Herb. Moon-wort is cold and drying more than Adders-Tongue, and is therefore held to be more available for all Wounds both inward and outward: The Leavs boyled in red Wine and drunk stayeth the immoderate Flux of Womens Courses; and the Whites: It also stayeth Bleeding, Vomiting, and other Fluxes: It helpeth all Blows and Bruises, and to consolidate all Fractures and Dislocations: It is good for Ruptures: But it is chiefly used by most with other Herbs to make Oyls or Balsoms to heal fresh or green Wounds (as I said before) either inward or outward, for which it is excellent good.

womens Courses, Bleedings, vomiting, Fluxes, Broken & disjoynted Bones, Green Wounds. Moon-wort is an Herb which they say will open Locks, and unshoo such Horses as tread upon it; this some laugh to scorn, and those no small Fools neither: but Country people that I know, call it [Unshoo the Horse:] Besides, I have heard Commanders say, That on White Down in *Devon-shire* neer *Tiverton*, there was found thirty Hors-shoes, pulled off from the feet of the Earl of *Essex* his Horses being there drawn up in a Body, many of them being but newly shod, and no reason known, which caused much admiration: and the Herb described usually grows upon Heaths.

Mosses.

I Shal not trouble the Reader with any Description of these, sith my intent is to speak only of two kinds as the most principal, viz. *Ground-Moss*, and *Tree-Moss*, both which are very well known.

Place.] The *Ground-Moss*, growing in our moist Woods, and the bottoms of Hills, in boggy grounds, and in shadowy Ditches, and many other such like places.

The *Tree-Moss* groweth only on Trees.

Government and Vertues.] All sorts of Mosses are under the Dominion of *Saturn*. The *Ground-Moss* is held to be singular good to break the Stone, and to expel and drive it forth by Urin, being boyled in Wine and drunk: The Herb bruised and boyled in Water and applied, easeth all Inflammations and pains coming of an hot cause; and is therefore used to ease the pains of the

hot Gout.

The *Tree-Mosses* are cooling and binding, and partake of a digesting and mollifying quality withal, as *Galen* saith. But each Moss doth partake of the Nature of the Tree from whence it is taken; therefore that of the *Oak* is more binding, and is of good effect to stay Fluxes in man or Woman, as also Vomiting or Bleedings, the Ponder therof being taken in Wine: The Decoction therof in Wine is very good for Women to be bathed with, or to sit in

Fluxes,
Vomiting,
Bleeding,
Womens
Courses,

that are troubled with the overflowing of their Courses : The same being drunk stayeth the stomach that is troubled with casting, or the Hiccough; and as *Avicenna* saith, it comforteth the Heart : The Pouder thereof taken in Drink for some time together, is thought available for the
Droffie, Droffie. The Oyl of Roses that have had fresh Moss steeped
Headach, therein for a time, and after boyled and applied to the Temples
Sinews. and Forehead, doth mervelously ease the Head-ach coming of a hot caus; as also the Distillations of hot Rheum or Humors to the Eyes or other parts : The Ancients much used it in their Oyntments and other Medicines against Lassitude, and to strengthen and comfort the Sinews. For which, if it was good then, I know no reason but it may be found so stil.

Mother-wort.

Descript.] **T**His hath a hard, square, brownish, rough, strong Stalk, rising three or four foot high at least, spreading into many Branches; wheron grow Leavs on each side with long Footstalks, two at every Joynt, which are somewhat broad and long, as it were rough, or crumpled, with many great Veins therein, of a sad green color, and deeply dented about the edges, and almost divided : From the middle of the Branches up to the tops of them (which are very long and smal) grow the Flowers round about them at distances, in sharp pointed rough hard Husks, of a more red or purple color than Balm or Horehound, but in the same manner or form as the Horehounds : after which come smal round blackish Seeds in great plenty. The Root sendeth forth a number of long strings and smal fibres, taking strong hold in the ground, of a dark yellowish or brownish color, and abideth as the Horehound doth, the smel of this being not much different from it.

Place.] It groweth only in Gardens with us in *England*.

Government and Vertues.] *Venus* owns the Herb, and it is under *Leo* :

There is no better Herb to drive Melancholly Vapors from the Heart, to strengthen it, and make a merry, cheerful, blithe soul, than this Herb : It may be kept in a Syrup or Conserve, therefore the Latins called it *Cardiaca*. Besides, it makes Women joyful Mothers of Children, and settles their Wombs as they should be; therefore we call it *Motherwort*. It is held to be of much use for the trembling of the Heart, and in faintings and swoonings from whence it took the name *Cardiaca*. The Pouder thereof to the quantity of a spoonful drunk in Wine is a wonderful help to Women in their sore Travels, as also for the suffocations or risings of the Mother; and from these effects it is likely it took the name of Motherwort with us. It also provoketh Urine and Womens Courses, clenseth the Chest of cold Flegm oppressing it, and killeth the Worms in the Belly : It is of good use to warm and dry up the cold Humors, to digest and disperse them that are settled in the Veins, Joynts, and Sinews of the Body, and to help Cramps and Convulsions.

MOUS-

Mouſe-Ear.

Deſcript.] **M**ouſe-Ear is a low Herb creeping upon the ground by ſmal ſtrings like the Strawberry Plant, whereby it ſhooteth forth ſmal Roots, whereat grow upon the ground many ſmal and ſomewhat ſhort Leavs ſet in a round form together, hollowiſh in the middle where they are broadest, of an hoary color al over, and very hairy, which being broken do give a white Milk: From among theſe Leavs ſpring up two or three ſmal hoary Stalks about a ſpan high, with a few ſmaller Leavs thereon: At the tops whereof ſtandeth uſually but one Flower, conſiſting of many paler yellow Leavs broad at the points, and a little dented in, ſet in three or four rows, the greater outermott, very like a Dandelyon Flower, and a little reddiſh underneath about the edges, eſpecially if it grow in a dry ground: which after they have ſtood long in Flower, do turn into Down, which with the Seed is carried away with the wind.

Place.] It groweth on Ditch Banks, and ſometimes in Ditches if they be dry, and in tandy grounds.

Time.] It flowreth about June and July, and abideth green all the Winter.

Government and Vertues.] The Moon owns the Herb alſo, and though Authors cry out upon Alchymiſts for attempting to fix Quick Silver by this Herb and Moonwort: A Roman would not have judged a thing by the ſucceſs; if it be to be fixed at al, 'tis by Lunar Influence. The Juyce hereof taken in Wine, or the Decoction therof drunk, doth help the
Jaundice, Jaundice although of long continuance to drink therof morning
Stone, and evening, and abſtain from other drink two or three hours
belly-ach, after: It is a ſpecial Remedy againſt the Stone, and the tormen-
Droſſie, ting pains therof; as alſo other Tortures and griping pains
Flux, of the Bowels: The Decoction thereof with Succory and Cen-
wounds, traury, is held very effectual to help the Droſſie, and them that
Bloody are inclining therunto, and the Diſeaſes of the Spleen. It ſtay-
Flux, eth the Fluxes of Blood, either at the Mouth or Noſe, and inward
Terms bleedings alſo, for it is a ſingular Wound-Herb for Wounds
ſtops, both inward and outward; It helpeth the Bloody flux, and hel-
Cough, peth the abundance of Womens Courſes. There is a Syrup
Phtiſick, made of the Juyce herof and Sugar by the Apothecaries of Italy,
Ruptures, and other places, which is of much account with them, to be gi-
Canker, ven to thoſe that are troubled with the Cough or Phtiſick: The
ſores, ſame alſo is ſingular good for Ruptures or Burſtings. The green
ſpreading Herb bruised and preſently bound to any fresh Cut or Wound,
ſores. doth quickly ſoder the Lips therof. And the Juyce, Decoction,
 or Ponder of the dried Herb, is moſt ſingular to ſtay the malignity of ſpreading and fretting Cankers and Ulcers wherſoever, yea, in the Mouth, or ſecret parts: The diſtilled Water of the Plant is available in all the Diſeaſes aforeſaid, and to waſh outward Wounds and Sores, and to apply Tents, or Cloaths wet therein.

Mugwort.

Descript.] Common Mugwort have divers Leavs lying upon the ground, very much divided, or cut deeply in about the Brims, somewhat like Wormwood, but much larger, of a dark green color on the upper side, and very hoary white underneath. The stalks rise to be four or five foot high, having on it such like Leavs as those below, but somewhat smaller, branching forth very much toward the top, wheron are set very smal pale yellowish Flowers like Buttons, which fal away; and after them come smal Seed inclosed in round Heads: The Root is long and hard with many smal Fibres growing from it, whereby it taketh strong hold in the ground, but both stalk and Leaf do die down every yeer, and the Root shooteth anew in the Spring. The whol Plant is of a reasonable good scent, and is more easily propagated by the Slips, than by the Seed.

Place.] It groweth plentifully in many places of this Land, by the way sides, as also by smal Water-Courses, and in divers other places.

Time.] It Flowreth and Seedeth in the end of Summer.

Government and Vertues.] This is an Herb of Venus, therefore maintaineth the parts of the Body she rules, and remedies the Diseases of the parts that are under her Signs, Taurus and Libra.

Terms **provokes,** **Birth,** **Afterbirth** **womb in-** **flamed,** **wens,** **Kings** **Evil,** **pains in** **the Neck,** **Opium,** **Sciatica,** **Sinews** **pained,** **Cramp.**

Mugwort is with good success put among other Herbs that are boyled for Women to sit over the hot Decoction, to draw down their Courses, to help the Delivery of the Birth, and expel the Afterbirth, as also for the Obstructions and Inflammations of the Mother. It breaketh the Stone, and causeth one to make water where it is stopped: The Juyce thereof made up with Mirrh, and put under as a Pessary, worketh the same effect, and so doth the Root also, being made up with Hogs Grease into an Oyntment, it taketh away Wens and hard Knots and Kernels that grow about the Neck and Throat, and easeth the pains about the Neck more effectually, if some field Daisies be put with it. The Herb it self being fresh, or the Juyce therof taken, is a special Remedy upon the overmuch taking of Opium. Three drams of the Pouder of the dried Leavs taken in Wine, is a speedy and the best certain help for the Sciatica. A Decoction therof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the pains of the Sinews and the Cramp.

The Mulberry-Tree.

THis is so wel known where it groweth, that it needeth no Description. **Time.]** It beareth Fruit in the Months of July and August.

Government and Vertues.] Mercury rules the Tree, therefore are its effects variable as his are. The Mulberry is of different parts; the ripe Berries by reason of their sweetness and slippery moisture, opening the Belly, and the unripe binding it, especially when they are dried, and then

Binding,
Fluxes,
Lasks,
Terms
stops,
Inflama-
tion,
Wounds,
sore Mouth
& Throat,
Toothach,
Bleeding,
Hemor-
rhoids,

A curious
secret.

then they are good to stay Fluxes, Lasks, and the abundance of Womens Courses. The Bark of the Root killeth the broad Worms in the Body. The Juyce, or the Syrup made of the Juyce of the Berries, helpeth al Inflammations or Sores in the Mouth or Throat, and the Pallat of the Mouth when it is fallen down. The Juyce of the Leavs is a Remedy against the biting of Serpents, and for those that have taken Aconite: The Leavs beaten with Vinegar is good to lay on any place that is burnt with fire. A Decoction made of the Bark and Leavs, is good to wash the Mouth and Teeth when they ach. If the Root be a little slit or cut, and a smal hole made in the ground next therunto, in the Harvest time, it wil give out a certain Juyce, which being hardned, the next day is of good use to help the Toothach, to dissolve knots, and purge the Belly: The Leavs of Mulberries are said to stay bleeding at Mouth or Nose, or the bleeding of the Piles, or of a Wound being bound unto the places. A Branch of the Tree taken when the Moon is at the ful, and bound to the Wrist of a Womans Arm, whose Courses come down too much doth stay them in a short space.

Mullein.

Descript.] **C**ommon white Mullein hath many fair large woolly white Leavs lying next the ground, somewhat longer than broad, pointed at the ends, and as it were dented about the edges: The Stalk riseth up to be four or five foot high, covered over with such like Leavs, but lesser, so that no Stalk can be seen for the multitude of Leavs thereon up to the Flowers, which come forth on al sides of the Stalk, without any Branches for the most part, and are many set together in a long spike, in some of a gold yellow color, in others more pale, consisting of five round pointed Leavs, which afterward give smal round Heads, wherein is smal brownish Seed contained: The Root is long, white, and woody, perishing after it hath born Seed.

Place.] It groweth by way sides, and Lanes, in many places of this Land.

Time.] It flowreth in July, or thereabouts.

Government and Vertues.] It is under the Dominion of Saturn. A

Flux,
Ruptures,
Cramp,
Convul-
sion,
Cough,
Toothach,
Hemor-
rhoids,
Bloody,
Flux,

smal quantity of the Root given in Wine, is commended by Dioscorides against Lasks and Fluxes of the Belly: The Decoction thereof drunk is profitable for those that are Bursten, and for Cramps and Convulsions, and for those that are troubled with an old Cough. The Decoction therof gargled, easeth the pains of the Toothach. An Oyl made by the often Infusion of the Flowers, is of very good effect for the Piles. The Decoction of the Root in red Wine, or in Water (if there be an Ague) wherein red hot Steel hath been often quenched, doth stay the Bloody flux: The same also openeth obstructions of the Bladder and Reins when one cannot make water. A De-

Obstructions, coction of the Leavs hereof, and of Sage, Marjoram and Chamomel Flowers, and the places bathed therewith that have Sini-
Reins, news stark with cold, or Cramps, doth bring them much ease, and
Bladder, comfort. Three ounces of the distilled Water of the Flowers
Sinews, drunk morning and evening for some daies together, is said to be
Gout, the most excellent Remedy for the hot Gout. The Juyce of the
Warts, Leavs and Flowers being laid upon rough Warts, as also the
Belly-ach, Pouder of the dried roots rubbed on, doth easily take them away;
Chollick, but doth no good to smooth Warts. The Pouder of the dried
Inflama- Flowers is an especial Remedy for those that are troubled with
tion, Belly-aches or the pains of the Chollick. The Decoction of
Thorns, the Root, and so likewise of the Leavs is of great effect to dis-
Splinters, solve the Tumors, Swellings, or Inflammation of the Throat. The
Boyls, Seed and Leavs boyled in Wine, and applied, draweth forth
Groyne, speedily Thorns, or Splinters gotten into the Flesh, easeth the
Distur- pains, and healeth them also. The Leavs bruised and wrapped in
ances. double Papers, and covered with hot ashes and Embers to bake a
 while, and then taken forth and laid warm on any Botch or

Boyl hapning in the Groyn or Share, doth dissolve and heal them. The Seed bruised, and boyled in Wine, and laid on any Member that hath been out of Joynt and is newly set again, taketh away al Swellings and pains therof.

Mustard.

Descript.] **O**ur common Mustard hath large and broad rough Leavs, very much jagged with uneven and unordered gashes, somewhat like Turnip Leavs, but lesser and rougher: The Stalk riseth to be more than a foot high, & sometimes two foot high, being round, rough, and branched at the top, bearing such like Leavs thereon as grow below, but lesser, and less divided; and drives yellow Flowers one above another at the tops; after which come smal rough Pods, with smal lank flat ends, wherein is contained round yellowish Seed, sharp, hot, and biting upon the Tongue: The Root is smal, long, and woody, when it beareth Stalks, and perisheth every year.

Place.] This groweth with us in Gardens only, and other manured places.

Time.] It is an annual Plant, Flowring in July, and their Seed is ripe in August.

Government and Vertues.] It is an excellent Sawce for such whose Blood wants clarifying, and for weak Stomachs, being an Herb of Mars, but naught for Chollerick people, though as good for such as are aged or troubled with cold Diseases: Aries claims something to do with it, therefore it strengthens the Heart and resisteth Poyson: let such whose Stomachs are so weak they cannot digest their meat, or appetite it, take of Mustard Seed a dram, Cinnamon as much, and having bearen them to Pouder, ad half as much Mastich in Pouder, and with Gum Arabick dissolved in Rose Water, make it up into Troches, of which they may take one of about half a dram

a dram-weight an hour or two before meals, let old men and women make much of this Medicine, and they wil either give me thanks, or manifest ingratitude. Mustard Seed hath the Vertue of heating, discussing, rarefying, and drawing out Splinters of Bones, and other things out of the flesh. It is of good effect to bring down Womens Courses, for the Falling-sickness or Lethargy, drouse forgetful evil, to use it both inwardly, and outwardly to rub the Noltrils, Forehead and Temples, to warm and quicken the Spirits, for by the fierce sharpness it purgeth the Brain by sneezing, and drawing down Rhewm and other viscuous Humors, which by their distillations upon the Lungs and Chest procure Coughing, and therefore with some Honey added thereto doth much good therein. The Decoction of the Seed made in Wine and drunk, provokerh Urin, resisteth the force of Poyson, the malignity of Mushrooms, and the Venom of Scorpions, or other Venemous Creatures, if it be taken in time: and taken before the cold fits of Agues, altereth, lesseneth, and cureth them. The Seed taken either by it self or with other things, either in an E-lectuary or Drink, doth mightily stir up bodily Lust, and helpeth the Spleen and pains in the Sides, and gnawing in the Bowels. And used as a Gargle, draweth up the Pallat of the Mouth being fallen down, and also it dissolveth the Swellings about the Throat if it be outwardly applied. Being chewed in the Mouth, it oftentimes helpeth the Toothach. The outward application hereof upon the pained place of the Sciatica, discusseth the Humors, and easeth the pains, as also of the Gout, and other Joynt aches. And is much and often used to eas pains in the Sides or Loyns, the Shoulders, or other parts of the Body, upon the applying therof to raise Blisters, and cureth the Disease by drawing it to the outward part of the Body: It is also used to help the falling of the Hair: The Seed bruised, mixed with Honey and applied, or made up with Wax, taketh away the Marks, and black and blue spots of Bruises or the like, the roughness or scabbedness of the Skin, as also the Leprosie and Loufie evil: it helpeth also the crick in the Neck. The distilled Water of the Herb when it is in Flower, is much used to drink inwardly to help in any the Diseates aforesaid, or to wash the Mouth when the Pallat is down, and for the diseases of the Throat to gargle, but outwardly also for Scabs, Itch, or other like infirmities, and cleneth the Face from Morphew, Spots, Freckles, and other Deformities.

Hedg-Mustard.

Descript.] **T**His groweth up usually but with one blackish green Stalk, tough, easie to bend but not break, branched into divers parts, and sometimes with divers Stalks set full of Branches, whereon grow long, rough, or hard rugged Leavs, very much torn or cut on the edges into many

many parts, some bigger, and some lesser, of a dirty green color: The Flowers are smal and yellow, that grow at the tops of the Branches, in long spikes, flowering by degrees, so that continuing long in Flower the stalks will bear smal round Cods at the bottom, growing upright and close to the stalk, while the top Flowers, yet shew themselves; in which are contained smal yellow Seed, sharp and strong, as the Herb is also. The Root groweth down slender and woody, yet abiding, and springing again every year.

Place.] This groweth frequently in this Land by the Waies and Hedgesides, and sometimes in the open Fields.

Time.] It flowreth most usually about *July*.

Government and Vertues.] Mars owns this Herb also. It is singular good in al the Diseases of the Chest and Lungs, Hoarsness of Voyce, and by the use of the Decoction thereof for a litle space, those have been recovered who had utterly lost their voyce, and almost their spirits also. The Juyce thereof made into a Syrup, or licking Medicine with Honey or Sugar is no less effectual for the same purpose, and for al other Coughs, Wheelings, and shortness of Breath. The same is also profitable for those that have the Jaundice, the Pluresie, pains in the Back and Loyns, and for torments in the Belly, or the Chollick, being also used in Clysters. The Seed is held to be a special Remedy against Poyson and Venom: It is singular good for the Sciatica, the Gout, and al Joynt-aches, Sores, and Cankers in the Mouth, Throat, or behind the Ears; and no less for the hardness and Swelling of the Testicles, or of Womens Breasts.

Nail-wort, or Whitlow-grass.

Descript.] **T**his very smal and common Herb hath no Roots, save only a few strings, neither doth it ever grow to be above a hand breadth high: The Leavs are very smal, and something long, not much unlike those of Chickweed; amongst which arise up divers slender stalks, bearing many white Flowers one above another, which are exceeding smal: After which come smal flat Pouches containing the Seed which is very smal, but of a sharp tast.

Place.] It grows commonly upon old stone and brick Walls, and sometimes in dry gravelly Grounds, especially if there be grass or Moiss neer, to shadow it.

Time.] They flower very early in the year, sometimes in *January*, and in *February*, for before the end of *April* they are not to be found.

Imposthumse, whitlows, Felons, Andicoms, Nail-wheals. [*Government and Vertues.*] It is held to be exceeding good for those Imposthumes in the Joynts, and under the Nails, which they cal Whitlows, Felons, Andicoms, and Nail-wheals.

Nep,

Nep, or Catmint.

Descript.] Common Garden Nep shooteth forth hard four square Stalks with a hoariness on them, a yard high or more, full of Branches, bearing at every Joynt two broad Leavs, somewhat like Balm but longer pointed, softer, whiter, and more hoary, nicked about the edges, and of a strong sweet scent. The flowers grow in large tufts at the tops of the Branches, and underneath them likewise on the Stalks many together, of a whitish purple color. The Roots are composed of many long strings or Fibres, fastning themselves strongly in the ground, and abide with green Leavs thereon all the Winter.

Place.] It is only nursed up in our Gardens.

Time.] And it flowreth in July, or therabouts.

Government and Vertues.] It is an Herb of *Venus*. Nep is generally used for Women to procure their Courses, being taken inwardly or outwardly, either alone or with other convenient Herbs in a Decoction to bath them, or sit over the hot fumes thereof, and by the frequent use thereof it taketh away barrenness, and the wind and pains of the Mother. It is also used in pains of the Head coming of any cold caus, as Catarrhs, Rhewms, and for swimming and giddiness thereof, and is of especial use for the windiness of the Stomach and Belly. It is effectual for any Cramps or cold aches, to dissolve the cold and wind that afflicteth the place, and is used for Colds, Coughs, and shortness of breath. The Juyce thereof drunk in Wine is profitable for those that are bruised by any accident. The green Herb bruised and applied to the Fundament, and lying there two or three hours, easeth the pains of the Piles. The Juyce also being made up into an Oyntment, is effectual for the same purpose: The Head washed with a Decoction thereof, it taketh away Scabs; and may be effectual for other parts of the Body also.

Nettles.

Nettles are so wel known that they need no Description at all, they may be found by feeling in the darkest night.

Government and Vertues.] This also is an Herb *Mars* claims Dominion over: you know *Mars* is hot and dry, and you know as wel that Winter is cold and moist; then you may know as wel the reason why Nettle tops eaten in Spring consume the Flegmatick superfluities in the Body of man, that the coldness and moisture of Winter hath left behind. The Roots or Leavs boyled, or the Juyce of either of them, or both, made into an Electuary with Honey or Sugar, is a safe and sure Medicine to open the Pipes & Passages of the Lungs, which is the cause of wheezing and shortness of breath, and helpeth to expectorate tough flegm, as also to raise the impostumated Pluresie, and spend it by spitting; the same helpeth the swelling of the Almonds

Ears, Throat, Almonds of the Throat, the Mouth & Throat being gargled
Mouth, Uvula, therewith. The Juyce is also effectual to settle the Pallate of
Terms provokes the Mouth in it's place, and to heal and temper the infla-
Mother, Disury, mations and soreness of the Mouth and Throat. The De-
Gravel, Worms, coction of the Leavs in Wine, being drunk, is singular good
Spleen, bleeding, to provoke Womens Courses, and settle the suffocation or
Venem. Beasts strangling of the Mother, and al other diseases therof, as al-
mad-dogs, hem- so applied outwardly with a little Mirrh. The same also,
lock, Henbane, or the Seed, provoketh Urine, and expelleth the Gravel and
Night-shade, Stone in the Reins or Bladder often proved to be effectual in
Mandrakes, Le- many that have taken it. The same killeth the Worms in
thargy, Mor- Children, easeth pains in the sides, and dissolveth the win-
phew, Leprosie, diness in the Spleen, as also in the Body, although others
Bleeding, Poli- think it only powerful to provoke Venery. The Juyce of the
pus, Ulcers, Fi- Leavs taken two or three dayes together, stayeth bleeding at
stulaes, Gan- the Mouth. The Seed being drunk, is a Remedy against
greens, Scabs, the stinging of Venemous Creatures, the biting of mad-
Itch, Wounds, Dogs, the poysonful qualities of Hemlocks, Henbane,
weariuess, Dis- Nightshade, Mandrake, or other such like Herbs that stu-
junctures, gout, pifie or dull the Senses; as also the Lethargy, especially to use
Sciatica, joynts. it outwardly to rub the Fore-head, or Temples in the Le-
 thargy, and the places bitten or stung with Beasts, with a lit-
 tle Salt. The Distilled Watter of the Herb is also effectual (although not so
 powerful) for the Diseases aforesaid, as for outward Wounds and Sores to
 wash them, and to cleanse the skin from Morphey, Leprosie, and other dis-
 colourings thereof; The Seed or Leavs bruised, and put into the Nottills,
 stayeth the Bleeding of them, and taketh away the Flesh growing in them,
 called *Polipus*. The Juyce of the Leavs, or the Decoction of them, or of the
 Roots, is singular good to wash either old, rotten, or stinking Sores, or Fi-
 stulaes and Gangrenes, and such as are fretting, eating, or corroding Scabs,
 Manginess and Itch in any part of the Body, as also green Wounds by wa-
 shing them therewith, or applying the green Herb bruied therunto, yea, al-
 though the Flesh were separated from the Bones: The same applied to our
 wearied Members refresheth them, or to places that have been out of Joynt
 being first set again, strengtheneth, drieth, and comforteth them, as also those
 places troubled with aches and Gouts, and the Defluxion of Humors upon
 the Joynts or Sinews, it easeth the pains, and drieth or dissolveth the De-
 fluxions, An Oyntment made of the Juyce, Oyl, and a little Wax, is sin-
 gular good to rub cold and benumbed Members. An handful of the Leavs
 of green Nettles, and another of Wal-wort, or Danewort, bruied and ap-
 plied simply of themselvs to the Gout, Sciatica, or Joynt-aches in any part,
 hath been found to be an admirable help therunto.

Nightshade.

Descript.] Common *Nightshade* hath an upright, round green, hollow
 stalk, about a Foot or half a yard high, bushing forth in-

to many Branches, whereon grow many green Leavs, somewhat broad and pointed at the ends, soft and full of Joyce, somewhat like unto Bazil, but larger, and a little unevenly dented about the edges: at the tops of the Stalks and Branches, come forth three or four or more white Flowers made of five small pointed Leavs apiece, standing on a Stalk together, one above another with yellow pointels in the middle, composed of four or five yellow threds set together, which afterwards turn into so many pendulous green Berries of the bignesse of small Pease, full of green Juyce, and small whitish round flat Seed lying within it. The Root is white and a little woody when it hath given Flower and fruit with many small Fibres at it; The whole Plant is of a waterish insipide tast, but the Juyce within the Berries is somewhat viscuos, and of a cooling and binding quality.

Place.] It groweth wild with us, under old Walls, and in Rubbish, the common paths, and sides of Hedges, and Fields, as also in our Gardens here in England without any planting.

Time.] It dieth down every year, and ariseth again of its own sowing, but springeth not until the latter end of *April* at the soonest.

Government and Vertues.] It is a cold Saturnine Plant. This common Nightshade is wholly used to cool hot Inflammations either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the Nightshades are; yet it must be used moderately: The distilled Water only of the whole Herb is fittest and safest to be taken inwardly: The juyce also clarified and taken, being mingled with a little Vinegar, is good to wash the Mouth and Throat that is inflamed: But outwardly the juyce of the Herb or Berries with Oyl of Roses, and a little Vinegar and Cerus laborated together in a leaden mortar, is very good to anoint all hot Inflammations in the Eyes: It doth also much good for the Shingles, Ringworms, and in all running, fretting, and corroding Ulcers, and in moist Fistulaes, and if the juyce be made up with some Hens-dung and applied therunto: A Pessary dipped in the Juyce, and put up into the Matrix, stayeth the immoderate Flux of Womens Courses: A Cloth wet therein, and applied to the Testicles or Cods, upon any swelling therein, giveth much ease, as also to the Gout that cometh of hot and sharp Humors.

The juyce dropped into the Ears, easeth pains thereof that arise of heat or inflammation. And *Pliny* saith, It is good for hot swellings under the Throat. Have a care you mistake not the deadly Nightshade for this; if you know it not, you may let them both alone and take no harm, having other Medicines sufficient in the Book.

The Oak.

It is so well known (the Timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Description.

Government and Vertues.] Jupiter owns the Tree. The Leavs and Bark of the Oak, and the Acorn Cups, do bind and dry very much.

Dry, Bind, spit-
ting Bloud, flux
Vomiting, Ve-
nerious Aets,
Disury, Poyson,
Venem. Beasts,
Catharides, Ul-
cers of the
bladder,

much : The inner Bark of the Tree, and the thin skin that covereth the Acorn, are most used to stay the spitting of Bloud, and the Bloudy-flux : The Decoction of that Bark, and the Pouder of the Cups, to stay Vomiting, spitting of Bloud, bleeding at Mouth, or other Flux of Bloud in man or Woman, Lasks also, and the involuntary Flux of natural Seed. The Acorns in Pouder taken in Wine, provoketh Urine, and resisteth the Poyson of Venemous Creatures. The Decoction of Acorns and the Bark made in Milk, and taken, resisteth the force of Poysonous Herbs and Medicines, as also the Virulency of Cantharides, when one by eating them, hath his Bladder exulcerated, and pisseth Blood. Hippocrates saith, He used the fumes of Oak Leavs to Women that were troubled with the strangling of the Mother ; and Galen applied them being bruised, to cure green Wounds. The

Distilled Water of the Oaken Buds before they break out into Leavs, is good to be used either inward or outward-ly to assuage Inflammations, and stop al manner of Fluxes in man or Woman : The same is singular good in Pestilential Flux, pestilential and hot burning Feavers, for it resisteth the force of the infectious, and allayeth the heat : it cooleth the heat of the Liver, breaketh the Stone in the Kidneys, and stayeth Womens Courses. The Decoction of the Leavs worketh the same effects. The Water that is found in the hollow places of old Oaks, is very effectual against any foul or spreading Scab. The Distilled Water (or Decoction which is better) of the Leavs is one of the best Remedies that I know for the Whites in Women.

Oats.

These are also so wel known that they need no Description.

Government and Vertues.] Oats fryed with Bay-salt, and applied to the Sides, takes away the pains of Stitches and Wind in the Sides or Belly. A pulvis made of the Meal of Oats, and som Oyl of Bays put therto, helpeth the Itch, and the Leprosie, as also the Fistulaes of the Fundament, and dissolveth hard Impo-
Stiches, sthumes. The Meal of Oates boyled with Vinegar and applied, taketh away Freckles and Spots in the Face, or other parts of the Body.

One-Blade.

Descript.] **T**His smal Plant never beareth more than one Leaf, but only when it riseth up with his stalk, which thereon beareth another, and seldom more, which are of a blewish green colour, pointed, with many ribs, or veins therein, like Plantane : At the top of the stalk, grow many smal whit Flowers, star-fashion, smelling somewhat sweet ; after which come smal reddish Berries when they are ripe. The Root is smal of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places. Place.]

Place.] It groweth in moist, shadowy, and grassy places of Woods, in many places of this Land.

Time.] It flowreth about *May*, and the Berries be ripe in *June*, and then quickly perisheth until the next year, it springeth from the same Root again.

Government and Vertues.] It is a precious Herb of the *Sun*. Half a dram, or a dram at most in powder of the Roots hereof taken in Wine and Vinegar, of each equal parts, and the party laid presently to sweat thereupon, is held to be a sovereign Remedy for those that are infected with the Plague, and have a Sore upon them, by expelling the Poyson and Infection, and defending the Heart and Spirits from danger. It is a singular good Wound herb, and is thereupon used with other the like effects in making Compound-Balms for the Curing of Wounds, be they fresh and green, or old and malignant, and especially if the Sinews be hurt.

Orchis.

IT hath gotten almost as many several Names attributed to the several sorts of it, as would almost fill a sheet of Paper; as, Dogs-stones, Goats-stones, Fools-stones, Fox-stones, Satirian, Cullians, together with many others, too tedious to rehearse.

Descript.] To describe all the several sorts of it were an endless piece of work; therefore I shal only describe the Roots because they are to be used with some discretion: They have each of them a double Root within, some of them is round, in others like a hand; these Roots alter every year by course, when the one riseth and waxeth full, the other waxeth lank and perisheth: Now it is that which is full which is to be used in Medicine, the other being either of no use at all, or else according to the humor of some, it destroyes and dissolveth the Vertue of the other, quite undoing what that doth.

Time.] One or other of them may be found in Flower, from the beginning of *April*, to the latter end of *August*.

Government and Vertues.] They are hot and moist in operation, under the Dominion of *Dame Venus*, and provoke Lust exceedingly, which they say the dry or withered Root restrains again; they are held to kill the Worms in Children: as also being bruised and applied to the place, to help the Kings-evil.

Onions.

THese are so well known that I need not spend time about writing a Description of them.

Government and vertues.] *Mars* owns them, and they have gotten this quality, to draw any corruption to them, for if you pill one and lay him upon a Dunghil, you shal find him rotten in half a day, by drawing putrefaction to it, then being bruised and applied to a Plague-Sore 'tis very probable 'twill do the like.

Onions are Flatulent or Windy, yet they do somewhat provoke appetite, encrease thirst, ease the Belly and Bowels; provoke Womens Courtes, help the biting of a mad Dog, and of other venomous Creatures, to be used with Honey and Rue, and encreaseth Sperm, especially the seed of them: They also kill the Worms in Children if they drink the water fasting wherein they have been steeped all night. Being roasted under the Embers and eaten with Honey, or Sugar and Oyl they much conduce to help an inveterate Cough, and expectorate the rough Flegm. The Juyce being snuffed up into the Nostrils, purgeth the Head and helpeth the Lethargy (yet the often eating of them is said to procure pains in the Head) It hath been held by diverse Country people a good preservative against infection to eat Onions fasting with Bread and Salt: as also to make a great Onion hollow, filling the place with good Triacle, and after to roast it well under the Embers, which after taking away of the outermost skin thereof, being beaten together, is a Sovereign Salve for either Plague-Sore, or any other putrid Ulcer. The Juyce of Onions is good for either scalding, or burning by fire, water, or Gunpowder, and used with Vinegar, taketh away all blemishes, Spots, and Marks in the Skin, and dropped into the Ears, easeth the pains and noise of them. Applied also with Figs beaten together, helpeth to ripen and break Impostumes and other Sores.

Leeks are as like them in quality as a Pomewater is like an Apple: They are a Remedy against a Surfeit of Mushrooms, being baked under the Embers and taken; and being boyled and applied warm helpeth the Piles; In other things they have the same property as the Onions, although not so effectual.

Orpine.

Descript.] Common Orpine riseth up with diverse round brittle Stalks, thick set with fat and fleshy Leavs without any order, and little or nothing dented about the edges, of a pale green colour; The Flowers are white or whitish growing in tufts, after which come small chaffy Husks, with seed like dust in them. The Roots are diverse thick, round, white, tuberous clogs; and the Plant groweth not so big in some places as in others where it is found.

Place.] It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild, and groweth in the shadowy sides of Fields and Woods.

Time.] It Flowreth about July, and the Seed is ripe in August.

Government and Vertues.] The Moon owns the Herb, and he that knows but her Exaltation, knows what Lysay is true.

Orpine is seldome used in inward Medicines with us, although Tragus saith from experience in Germany that the distilled water thereof is profitable for gnawings or excoriations in the Bowels, Ptsick Stomach or Bowels, and for Ulcers in the Lungs, Liver, Womb, Bloody or other inward parts, as also in the Marris, and helpeth all Flux, Wounds those Diseases, being drunk for certain daies together: And that

Inflammation, that it stayeth the sharpness of Humors in the Bloody Flux,
Scalding, Bur- and other Fluxes in the Body, or in Wounds: The Root
nings, Quinsie, thereof also performeth the same effect. It is used outward-
Ruptures. ly to cool any heat or inflammation upon any Hurt or Wound
 and easeth the pains of them: as also to heal Scaldings
 or Burnings: The juyce thereof beaten with some green Sallet Oyl, and
 anointed. the Leaf also bruised and laid to any green Wound in the Hands
 or Legs, doth heal them quickly; and being bound to the Throat, much
 helpeth the Quinsie, it helpeth also Ruptures and Burstinesse.

If you please to make the Juyce thereof into a Syrup with Honey or Sngar,
 you may safely take a spoonfull or two at a time (let my Author say what he
 will) for a Quinsie, and you shall find the Medicine more pleasant, and the
 Cure more speedy, than if you took a Dogs-turd which is the Learned Col-
 ledges vulgar Cure.

Parsley.

THis is so well known that it needs no Description.

Government and Vertues.] It is under the Dominion of
Stomach, Di- Mercury, and is very comfortable to the Stomach, and hel-
jury, Terms peth to provok to Urine and Womens Courses, and to break
provokes, Li- wind both in the Stomach and Bowels, and doth a little
ver, Spleen, sal- open the Body, but the Root much more, and openeth Ob-
lin g-sicknes, structions both of the Liver and Spleen, and is therefore ac-
Stone, wind, counted one of the five opening Roots; Galen commendeth
Venemous it against the Falling sicknesse, and to provoke Urine migh-
Beasts, Cough, tily, especially if the Roots be boyled and eaten like Pars-
Sucking Chil- nips. The Seed is effectually to provoke Urine and Wo-
dren, Eyes, wo- mens Courses, to expell wind, to break the Stone, and ease
mens Breasts, the pains and torments thereof, or of any other part in the
Curdled Milk, Body occasioned by Wind. It is also effectually against the
Black and Blue Venom of any poysonfull Creature, and the danger that
marks Jaun- cometh to them that have taken Litharge; and is good a-
dice, Falling- gainst the Cough. The distilled water of Parsley is a familiar
sicknesse, Drop- Medicine with Nurses to give their Children when they
fic. are troubled with wind in the Stomach or Belly, which they
 call the frets, and is also much available to them that are of

greater years. The Leavs of Parsley laid to the eyes that are inflamed with
 heat or swoln, doth much help them, if it be used with Bread or Meal; and
 being fryed with Butter and applied to Womens Breasts that are hard
 through the curdling of their Milk, it abateth the hardness quickly, and also
 it taketh away black and blue marks coming of Bruises or Falls. The Juyce
 thereof dropped into the Ears with a little Wine easeth the pains; *Tragus* set-
 teth down an excellent Medicine to help the Jaundice and Falling-sicknesse,
 the Drop sic, and Stone in the Kidneys, in this manner: Take of the Seeds
 of Parsley, Fennill, Annis, and Caraways, of each an ounce; of the Roots
 of Parsley, Burnet, Saxifrage, and Carawayes of each one ounce and an half;
 let the Seeds be bruised, and the Roots washed and cut smal: Let them lie

all night in steep in a pottle of white Wine, and in the morning be boyled in a close earthen Vessel until a third part or more be wasted, which being strained and cleared : take four ounces thereof morning and evening first and last abstaining from drink after it for three hours: This
Obstructions of openeth *Obstructions of the Liver and Spleen,* and expel-
Liver & spleen leth the Dropsie and Jaundice by Urine.

Parsley-Piert, or Parsley Break-Stone.

Descript.]

THe Root although it be very smal and thriddy yet it continues many years, from whence arise many Leavs lying along upon the ground, each standing upon a long smal foot Stalk, the Leavs as broad as a mans Nail, very deeply indented on the edges, somewhat like a Parsly Leaf, but of a very dusky green colour, the Stalks are very weak and slender, about three or four fingers in length, set so full of Leavs that they can hardly be seen, either having no foot Stalk at all, or but very short, the Flowers are so small they can hardly be seen, and the Seed as small as small may be.

Place.] Its a common Herb throughout the Nation, and rejoiceth in barren, sandy moist places; it may be found plentifully about Hempsted-Heath in Hidepark, and in Tuttle fields.

Time.] It may be found all the Summer time, even from the beginning of April to the end of October.

Government and Vertues.] Its operation is very pre-
urine provoketh valent to provoke Urine, and to break the Stone; it is a
Stone. very good Sallet Herb: It were good the Gentry would

pick it up as they pick up Sampire for their use all the Winter; I cannot teach them how to do it, yet this I can tell them, it is a very wholesome Herb: they may also keep the Herb dry, or in a Syrup, if
Gravil in the they please; you may take a dram of the Ponder of it in
Kidneys Stran- White Wine, it would bring away gravill from the Kidneys
gury. incensibly and without pain; It also helps the Strangury.

Parsnip.

THe Garden kind thereof is so well known (the Root being commonly eaten) that I shal not trouble you with any Description of it. But the wilde kind being of more Physical use, I shall in this place describe unto you.

Descript.] The wilde Parsnip differeth little from the Garden kind, but groweth not so fair and large, nor hath so many Leavs; and the Root is shorter, more woody and not so fit to be eaten, and therefore the more Medicinable.

Place.] The name of the first sheweth the place of its growth.

The other groweth wild in diverse places, as in the Marshes by Rochester and elsewhere, and flowreth in July; the Seed being ripe about the beginning of August, the second year after the sowing; for if they do flower the first year, the Country people call them Madneps.

Government and Vertues.] The Garden Parsnips are under Venus. The
 Garden

Lust provoke s, *Garden Parsnip* nourisheth much, and is good and whole-
Disury, clense, some Nourishment, but a little windy, whereby it is
Open, *Vene-* thought to procure bodily lust: but it farneth the Body much
mous Beasts, if much used, It is conducible to the Stomach and Reins,
Chollick, *Di-* and provoketh Urine. But the wild *Parsnip* hath a cutting,
swy. attenuating, clensing and opening quality therein: It resist-

eth and helpeth the bitings of Serpents, easeth pains and
 Stitches in the sides, and dissolveth wind both in the Stomach and Bowels,
 which is the Chollick, and provoketh Urine. The Root is often used, but
 the Seed much more.

The wilde being better then the tame shews Dame Nature to be the best
 Phyitian.

Cow-Parsnep.

Descript.] **T**His groweth with three or four large, spread, winged, yough,
Leavs, lying often on the Ground, or else raised a little from
 it, with long, round, hairy footstalks under them, parted usually into five
 divisions, the two couples standing each against other, and one at the end,
 and each Leaf being almost round, yet somewhat deeply cut in on the edges,
 in some Leavs, and not so deep in others. of a whitish green colour, smelling
 somewhat strongly: among which ariseth up a round crested hairy Stalk two
 or three foot high with a few Joynts and Leavs thereon, and branched at the
 top, where stand large Umbels of white, and sometimes reddish Flowers,
 and after them, flat, whitish, thin winged Seed, two alwayes joyned toge-
 ther. The Root is long and white with two or three long strings growing
 down into the ground, smelling likewise strongly, and unpleasant.

Place.] It groweth in moist Meadows, and the borders and corners of
 Fields, and near Ditches, generally through this Land.

Time.] It Flowreth in July, and Seedeth in August.

Government and Vertues.] Mercury hath the dominion over them.
 The Seed hereof as Galen saith is of a sharp and cutting quality, and is

therefore a fit Medicine for the Cough and shortnesse of
Cough, *Diffi-* Breath, the Falling-sicknesse and the Jaundice. The Root
culty of breath, is available to all the purposes aforesaid, and is also of great
Fallingsickness use to take away the hard skin that groweth on a Fistula, if
Jaundice, *Fi-* it be but scraped upon it. The Seed hereof being drunk
stula, *Phlegm*, clenseth the belly from tough Phlegmatick matter therin,
Liver, *Mo-* easeth them that are Liver-grown, and Womens passions of
ther, *Lethar-* the Mother, as wel being drunk as the smoke thereof received
gy, *Frenzy*, underneath, and likewise raiseth such as are fallen into a deep
Headach, sleep, or have the Lethargy by burning it under their Nose:
Scabs, *Shin-* The Seed & Root boyled in oyl, and the Head rubbed ther-
gles. with helpeth not onely those that are fallen into a Frenzy,

but also the Lethargy or Drowsie evil, and those that have
 been long troubled with the Headach, if it be likewise used with Rue: It
 helpeth also the running Scab and the Shingles: The Juyce of the Flowers
 dropped into the Ears that run and are full of matter, it cleanseth and heal-
 eth them.

The Peach-tree.

Deseript.]

A Peach-tree groweth not so great as the Apricock-tree, yet spreadeth Branches reasonable well, from whence spring smaller reddish twigs, whereon are set long and narrow green Leavs dented about the edges. The blossomes are greater than the Plum, and of a light Purple colour. The fruit round, and sometimes as big as a reasonable Pip-pin, others are smaller, as also differing in colours and tastes, as russet, red, or yellow, waterish or firm, with a frieze or Cotton all over, with a cleft therein like an Apricock, and a rugged furrowed great Stone within it, and a bitter Kernell within the Stone: It sooner waxeth old, and decayeth than the Apricock, by much.

Place.] They are nursed up in Gardens and Orchards through this Land.

Time.] They Flower in the Spring, and fructifie in Autumn.

Government and Vertues.] Lady Venus owns this Tree, and by it opposeth the ill-effects of Mars, and indeed for Children and young people, nothing is better to purge Choller, and the Jaundice, than the Leavs and Flowers of this Tree, being made into a Syrup or Conserve, let such as delight to please their lust regard the Fruit, but such as love their health and their Childrens, let them regard what I say, they may safely give two spoonfuls of the Syrup at a time, 'tis as gentle as Venus her self. The Leavs

of Peaches bruised and laid on the Belly killeth Worms; *worms, Open,* and so they do also being boyled in Ale and drunk, and open the Belly likewise; and being dried is a safe Medicine *Humors,* to discusse Humors. The Pouder of them strewed upon fresh *wounds.* bleeding Wounds, stayeth their bleeding, and closeth them up.

The Flowers steeped all night in a litle Wine standing warm, strained forth in the morning and drunk fasting, doth gently open the Belly, and move it downwards: A Syrup made of them as the Syrup of Roses is made worketh more forcibly then that of Roses, for it provoketh Vomiting, and and spendeth waterish and Hydropick Humors by the continuance thereof.

The Flowers made into a Conserve worketh the same effect. The Liquor that droppeth from the Tree being wounded, is given in *Dropse, Cough,* the Decoction of Coltsfoot, to those that are troubled with *shortness of* the Cough or shortnesse of Breath, by adding thereto some *Breath, Vomi-* sweet Wine and putting some Saffron also therein, it is *ring and spit-* good for those that are hoarse or have lost their voice; hel- *ting of Bloud,* peth all defects of the Lungs, and those that vomite or spit *Stone, wind,* blood. Two drams thereof given in the Juyce of Lemmons or *Chollick.* of Radish, is good for them that are troubled with the Stone.

The Kernells of the Stones do wonderfully ease the pains and wingings of the Belly through wind or sharp Humors, and help to make an excellent Medicine for the Stone upon all occasions, on this man-
ne; Take fifty Kernells of Peach Stones, and one hundred of the Kernells of Cherry Stones, a handful of Elder Flowers, Fresh or dried, and three pints of Masticadine, set them in a closed pot into a bed of Horse dung for

ten dayes, which after distill in Glasse with a gentle fire, and keep it for your use; you may drink upon occasion three or four ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain Water, and applied to the Forehead and Temples, doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawn from the Kernels, the Temples being therewith anointed doth the like: The said Oyl put into Clysters easeth the pains of the wind Chollick, and anointed on the lower part of the Belly doth the like, and dropped into the Ears easeth the pains of them: the juyce of the Leavs doth the like. Being also anointed on the Forehead and Temples, it helpeth the Megrin and al other pains in the Head. If the Kernels be bruised and boyled in Vinegar until they become thick, and applied to the Head, it marvelously procure the Hair to grow again upon bald places, or where it is too thin.

The Pear-tree.

Pear-trees are so well known that they need no Description.

Government and Vertues.] The Tree belongs to *Venus*, and so doth the Apple-tree. For their Physical use they are best discerned by their tastes. Al the sweet or luscious sorts whether manured or wild, do help to move the Belly downward more or less: Those that are harsh and sour do on the contrary bind the Belly as much; and the Leavs do so also. Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling Medicines: as if the wild sorts be boyled with Mushrooms, it maketh them the less dangerous. The said Pears boyled with a little Honey, helpeth much the oppressed Stomach, as al sorts of them do, some more, some less; but the harsher sorts do most cool and bind, serving well to be bound to green wounds to cool and stay the Blood, and heal up the Wound without further trouble or Inflammation, as *Galen* saith he hath found by experience. And wild Pears do sooner close up the Lips of green Wounds than the others.

Schola Salerni adviseth to drink much Wine after Pears, or elf (they say) they are as bad as Poyson, nay, and they curse the Tree for it too: but if a poor man find his Stomach oppressed by eating Pears, 'tis but working hard and it wil do as well as drinking Wine.

Pellitory of Spain.

Common Pellitory of Spain, if it be planted in our Gardens, it wil prosper very well, yet is there one sort growing ordinary here wild which I esteem to be little inferior to the other, if at al. I shal not deny you the Descriptions of them both.

Descript.] Common Pellitory is a very common Plant, and wil not be kept in our Gardens without diligent looking to. The Root goes down right into the ground, bearing Leavs being long and finely cut upon the Stalks lying upon the ground, much larger than the Leavs of Chamomel are: At the top

it bears one single large Flower at a place, having a border of many Leavs white on the uper side, and reddish underneath, with a yellow thrum in the middle, not standing so close as that of Chamomel doth.

The other common Pellitory which groweth here, it hath a Root of a sharp biting tast, scarce discernable by the tast from that before described; from whence ariseth divers brittle stalks, a yard high and more, with narrow long Leavs finely dented about the edges, standing one above another up to the top: The Flowers are many and white, standing in Tufts like those of Tarror, with a smal yellowish thrum in the middle: The Seed is very smal.

Place.] The last groweth in Fields by the Hedg sides and Paths, almost every where.

Time.] It Flowreth at the latter end of June and July.

Government and Vertues.] It is under the Government of Mercury, and I am perswaded that 'tis one of the best purgers of the Brain purgeth, Brain that grows: An ounce of the Juyce taken in a Agues, fleg- draught of Muskadel an hour before the fit of an Ague matick humors, comes, wil assuredly drive away the Ague at the second or Head, Teeth, third rime taking at the furthest. Either the Herb or Root distillations of dried and chewed in the Mouth, purgeth the Brain of fleg- the brain on the matick Humors, therby not only ealing pains in the Head Lungs & Eyes, and Teeth, but also hindering the distilling of the Brain Coughs, pti-ficks upon the Lungs and Eyes, therby preventing Coughs, Phri- Consumptions, sicks, and Consumptions, the Apoplexy, and Falling-sick- Apoplexy, sal- ness: It is an excellent approved Remedy in the Le- ling-sickness, thargy: the Pouder of the Herb or Root being snuffed up Lethargie, snee- the Nostrils procureth sneezing, and caseth the Headach, zing, Headach, being made into an Oyntment with Hogs Grease, it takes black and blue away black and blue spots occasioned by blows or fals, and spots, Gout, helps both the Gout and Seiatica. Sciatica.

Pellitory of the Wall.

Descript.] **I**T riseth up with many brownish, red, tender and weak, clear, and almost transparent stalks about two foot high, upon which grow at the severall Joints, two Leavs somewhat broad and long, of a dark green color, which afterwards turn brownish, smooth on the edges, but rough and hairy as the Stalks are also: At the Joints with the Leavs from the middle of the Stalks upwards, where it spreadeth into some Branches, stand many smal, pale, purplish Flowers, in hairy rough Heads or Husks: after which come smal black and rough Seed, which wil stick to any cloth or Garment that shal touch it. The Root is somewhat long, with many smal Fibres thereat, of a dark reddish color, which abideth the winter, although the stalks and leavs perish and spring fresh every yeer.

Place.] It groweth wild generally through this Land, about the borders of Fields, and by the sides of Wals, and among Rubbish; It wil endure wel being brought into Gardens, and planted on the shady side, where it wil spring of its own sowing.

Time.]

Time.] It flowereth in *June* and *July*, and the Seed is ripe soon after.

Government and Vertues.] It is under the Dominion of *Mercury*. The dried Herb Pellitory made up into an Electuary with Honey, or the Juyce of the Herb, or the Decoction thereof made up with Sugar or Honey, is a singular remedy for any old or dry Cough, the shortness of breath, and Wheeſing in the Throat. Three ounces of the Juyce therof taken at a time, doth wonderfully help ſtopping of the Urin, and to expel the Stone or Gravel in the Kidneys or Bladder, and is therefore uſually put among other Herbs, uſed in Clyſters to mitigate pains in the Back, Sides, or Bowels proceeding of wind, ſtopping of Urin, the Gravel or Stone as aforeſaid. If the bruised Herb ſprinkled with ſome Muſcadine be warmed upon a tile, or in a diſh upon a few quick Coals in a Chafing-diſh, and applied to the Belly, it worketh the ſame effect. The Decoction of the Herb being drunk, eaſeth pains of the Mother, and bringeth down Womens Couſes; it alſo eaſeth thoſe Grievs that ariſe from Obſtructions of the Liver, Spleen, and Reins: The ſame Decoction with a little Honey added thereto is good to gargle a ſore Throat. The juyce held a while in the Mouth, eaſeth pains in the Teeth. The diſtilled Water of the Herb drunk with ſome Sugar worketh the ſame effects; and clenſeth the Skin from Spots, Freckles, Purples, Wheals, Sunburn, Morpew, &c. The juyce dropped into the Ears, eaſeth the noiſe in them, and taketh away the pricking and ſhooting pains therein: The ſame or the diſtilled Water, aſſwageth hot and ſwelling Impoſthumes, Burnings and ſcaldings by fire or Water, as alſo al other hot Tumors and Inflammations, or breakings out of heat, being bathed often with wet Cloathes dipped therein. The ſaid juyce made into a Liniment with Ceruſs and Oyl of Roſes and anointed therewith, clenſeth ſoul rotten Ulcers, and ſtayereth ſpreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads: and helpeth to ſtay falling of the Hair from off the Head. The ſaid Oyntment, or the Herb applied to the Fundament openeth the Piles and eaſeth their pains; & being mixed with Goats Tallow helpeth the Gout. The juyce is very effectual to clenſe Fiſtulaes, and to heal them up ſafely; or the Herb it ſelf bruised, and applied with a little Salt. It is likewise ſo effectual to heal any green Wound, that if it be bruised and bound thereto for three daies, you ſhal need no other Medicine to heal it further. A Pulviſs made hereof with Mallows, and boyled in Wine with Wheat Bran, and

Bean Flower, and ſome Oyl put thereto, and applied Warm to any bruised Sinew, Tendon, or Muſcle, doth in a very ſhort time reſtore them to their ſtrength, taking away the pains of the Bruises; and diſſolveth the congealed Blood coming of Blows or Fals from high places.

The Juyce of Pellitory of the Wall clarified and boyled into a Syrup with Honey,

Honey, and a spoonful of it drunk every morning by such as are subject to the Dropſie; if continuing that courſe though but once a week, if ever they have the Dropſie, let them come but to me, and I wil cure them *gratis*.

Peny-royal.

Peny-royal is ſo wel known unto al (I mean the common kind) that it needeth no Deſcription.

There is a greater kind than the ordinary ſort found wild with us, which ſo abideth being brought into Gardens, and differeth not from it but only in the largeneſſ of the Leavs and Stalks, in riſing higher, and not creeping upon the ground ſo much. The Flowers wherof are purple, growing in Rundles about the Stalk like the other.

Place.] The firſt which is common in Gardens, groweth alſo in many moiſt and watery places of this Land.

The ſecond is found wild in *Effex* in divers places by the High-way from London to Colecheſter, and thereabouts more abundantly than in other Countries, and is alſo planted in their Gardens in *Effex*.

Time.] They Flower in the latter end of Summer, about *Auguſt*.

Government and Vertues.] The Herb is under *Venus*. *Dioſcorides*

ſaith, That Peny-royal maketh thin tough flegm, warmeth

Tough flegm,
terms provokes
dead Child and
Afterbirth, Vo-
miting, Melan-
cholly, Vene-
mous Beaſts,
Fainting and
Swouning,
Gums, Gout,
Marks in the
Face, toothach,
Pains in the
Joynts, Head-
ach, pains of
the Belly and
Breſt, falling-
ſickeſſ, ſlin-
king water,
Cramps and
Convulſions,
Sore Mouth,
Jaundice,
Dropſie, pains
of the Head
and Eyc-ſight,

the coldneſs of any part whereto it is applied, and digeſteth raw or corrupt matter: Being boyled and drunk, it provoketh Womens Courſes, and expelleth the dead Child and Afterbirth, and ſtaveth the diſpoſition to Vomit, being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt it avoideth Flegm out of the Lungs, and purgeth Melancholly by the Stool. Drunk with Wine it helpeth ſuch as are bitten or ſtung with Vene-
mous Beaſts: and applied to the Noſtrils with Vinegar, reviveth thoſe that are fainting and ſwouning. Being dried and burnt, it ſtrengthneth the Gums: It is helpful to thoſe that are troubled with the Gout, being applied of it ſelf to the place until it wax red; and applied in a Plaiſter, it taketh away ſpots or marks in the Face: Applied with Salt, it profiteth thoſe that are Splenetick or Liver-growa. The Decoction doth help the Itch, if waſhed therewith: Being put into Baths for Women to ſit therein, it helpeth the ſwelling and hardneſs of the Mother. The green Herb bruised and put into Vinegar clenſeth ſoul Ulcers, and taketh away the marks of bruises and blows about the Eyes, and al diſcolorings of the Face by fire, yea, and the Leproſie, being drunk and outwardly applied: Boyled in Wine with Honey and Salt, it helpeth the Toothach. It helpeth the cold griefs of the Joynts, taking away the pains, and warming the cold parts, being faſt bound to the place after a bathing, or ſweating in an Hot-houſe. *Pliny* addeth,
That

Lethargie, burnings.

That Peny-royal and Mints together helps faintings or swoonings, being put into Vinegar, and put to the Nostrils to be smelled unto, or a little thereof put into the Mouth. It easeth the Head-ach, and the pains of the Breast and Belly, stayeth the gnawing of the Stomach, and inward pains of the Bowels: Being drunk in Wine it provoketh Womens Courses, and expelleth the dead Child and Afterbirth: Being given in Wine it helpeth the Falling-sickness: Put into unwholsom or stinking Water that men must drink (as at Sea, and where o-ther cannot be had) it maketh them the less hurtful: It helpeth Cramps or Convulsions of the Sinews being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boyled in Milk and drunk, and for Ulcers and Sores in the Mouth. *Mathiolus* saith, The Decoction thereof being drunk, helpeth the Jaundice and Dropsie, and al pains of the Head and Sinews that come of a cold cause, and that it helpeth to cleer and quicken the Eye-sight. Applied to the Nostrils of those that have the Falling-sickness, or the Lethargy, or put into the Mouth, it helpeth them much, being bruised and with Vinegar applied. And applied with Barley Meal, it helpeth burnings by fire, and put into the Ears, easeth the pains of them.

Peony, Masc. & Foemina.

Descript.] **M**ale Peony riseth up with many brownish Stalks, whereon grow many fair green, and sometimes reddish Leavs, one set against another upon a Stalk without any particular division in the Leaf at all. The Flowers stand at the tops of the Stalks, consisting of five or six broad Leavs, of a fair purplish red color, with many yellow threds in the middle standing about the Head, which after riseth to be the Seed Vessels, divided into two, three, or four rough crooked Pods like Horns, which being full ripe, open and turn themselves down one edg to another backward, shewing within them divers round, black, shining seed, having also many red or crimson grains, intermixed with the black, whereby it maketh a very pretty shew. The Roots are great, thick, and long, spreading and running down reasonable deep in the ground.

The ordinary Female Peony hath many stalks, and more Leavs on them than the Male; the Leavs not so large, but nicked diversly on the edges, some with great and deep, others with smaller cuts and divisions, of a dark or dead green color. The flowers are of a strong heady scent, most usually smaller and of a more purple color than the Male; with yellow thrums about the Head as the Male hath. The Seed Vessels are like Horns as in the Male, but smaller; the Seed also is black, but less shining. The Roots consist of many thick and short tuberous clogs, fastned at the ends of long strings, and all from the head of the Root which is thick and short, and of the like scent with the Male.

Place and Time.] They grow in Gardens; and flower usually about May.

Government and Vertues.] It is an Herb of the Sun, and under the Lyon: Physitians say Male Peony Roots are best, but Dr. Reason told me, Male Peony

Peony was best for Men, and Female Peony for Women; and he desires to be jugged by his Brother Dr. Experience. The Roots are held to be of most Vertue; then the Seeds, next the Flowers, and last of all the Leavs. The Root of the Male Peony fresh gathered, hath been found by experience to cure the Falling-sickness; but the surest way is (besides hanging it about the Neck, by which Children have been cured) to take the Root of the Male Peony washed clean and stamped somewhat small, and lay to infuse in Sack for twenty four hours at the least, after strain it, and take it first and last, morning and evening a good draught for sundry daies together before and after a full Moon, and this wil also cure older persons, if the Disease be not grown too old and past cure, especially if there be a due and orderly preparation of the Body, with Posset-drink made of Betony &c. The Root is also effectual for Women that are not sufficiently clensed after Child-birth, and such as are troubled with the Mother; for which likewise the black Seed beaten to Pouder and given in Wine, is also available. The black Seed also taken before bed-time, and in the morning, is very effectual for such as in their sleep are troubled with the Disease called *Ephialtes* or *Incubus*, but we do commonly call it the Night-Mare, a disease which Melancholly persons are subject unto: It is also good against Melanchollick Dreams. The Distilled Water, or Syrup made of the Flowers, worketh the same effects that the Root and the Seed do, although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a Plant that it is possessed by few, and those great Lovers of Rarities in this kind.

Pepper-wort, or Dittander.

Descript.] **O**ur common Pepper-wort sendeth forth somewhat long, and broad Leavs, of a light blewish green colour, finely dented about the edges, and pointed at the ends, standing upon round hard stalks, three or four foot high, spreading many branches on all sides, and having many small whit Flowers at the tops of them, after which follow small seed in small Heads: The Root is slender, running much under ground, and shooting up again in many places: and both Leavs and Root, are very hot and sharp of taste like Pepper, for which cause it took the name.

Place.] It groweth naturally in many places of this Land, as at Clare in Essex; neer also unto Exeter in Devonshire; upon Rochester Common in Kent; in Lancashire, and divers other places: but is usually kept in Gardens.

Time.] It Flowreth in the end of June, and in July.

Government and Vertues.] Here's another Martial Herb for you, make much of it. Pliny and Paulus Aegineta say, That Pepper-Sciatica, Gout, wort is very effectual for the Sciatica, or any other Gout, pain in the joynts or pain in the joynts, or any other inveterate grief: The Discolorings of Leavs hereof to be bruised and mixed with old Hogs grease and

the skin, Marks, and applied to the place, and to continue thereon four hours
 & scars by bur- in Men, and two hours in Women, the place being after-
 ning, speedy de- wards bathed with Wine and Oyl mixed together, and
 livery. then wrapped with Wool or skins after they have sweat
 a little. It also amendeth the deformities or discolorings
 of the Skin, and helpeth to take away Marks, Scars, and Scabs; or the foul
 marks of burning with fire or iron. The juyce hereof is in some places used
 to be given in Ale to drink to Women with Child, to procure them a speedy
 Delivery in Travel.

Perwinkle.

Descript.] **T**He common sort hereof hath many branches trayling, or run-
 ning upon the ground, shooting out smal fibres at the joynts
 as it runneth, taking therby hold in the ground, and rooteth in divers places :
 At the joynts of these branches stand two smal dark, green, shining Leavs,
 somewhat like Bay-leavs, but smaller, and with them come forth also the flow-
 ers (one at a joynt standing upon a tender Footstalk) being somewhat long
 and hollow, parted at the brims, sometimes into four, sometimes into five leavs;
 the most ordinary sort are of a pale blue colour, some are pure white, and some
 of a dark reddish purple colour. The Root is little bigger than a Rush, bushing
 in the ground, and creeping with his branches far about, wherby it quickly
 possesseth a great compass, and is therefore most usually planted under Hedges,
 where it may have room to run.

Place.] Those with the pale blue, and those with the white Flowers, grow
 in Woods, and Orchards, by the Hedge-sides, in divers places of this Land.
 But those with the purple Flowers, in Gardens only.

Time.] They Flower in March and April.

Government and Vertues.] Venus owns this Herb, and saith,
 Stanch That the Leavs eaten by Man and Wife together, causeth Love
 Bleeding, between them. The Perwinkle is a great Binder, staying bleed-
 Womens ding both at Mouth and Nose, if some of the Leavs be chewed:
 Courses, The French use it to stay Womens Courses. Dioscorides; Galen,
 Flux of and Aegineta commend it against the Lask, and Fluxes of the
 the Belly. Belly, to be drunk in Wine.

St. Peters-wort.

IF Superstition had not been the Father of Tradition, as well as Igno-
 rance the Mother of Devotion, this Herb (as well as St. Johns-wort) had
 found some other name to be known by: but we may say of our Fore-fathers,
 as St. Paul of the Athenians, I perceive that in many things you are too su-
 perstitious: Yet seeing it is come to pass, That Custom having gotten pos-
 session, pleads Prescription for the name; I shal let it pass, and come to the
 Description of the Herb, which take as followeth:

Descript.] It riseth up with square upright stalks for the most part, some-
 what greater and higher than St. Johns-wort (and good reason too, St. Peter
 being the greater Apostle (ask the Pope else) for though God would have the
 Saints

Saints equal, the Pope is of another Opinion) but brown in the same manner, having two Leavs at every joynt, somewhat like, but larger than St. Johns-wort, and a little rounder pointed with few or no holes to be seen therein, and having sometimes some smaller Leavs rising from the bosom of the greater, and sometimes a little hairy also: At the tops of the stalks stand many star-like Flowers, with yellow thrids in the middle very like those of St. Johns-wort, insomuch that this is hardly discerned from it, but only by the largeness and height, the seed being also alike in both. The Root abideth long, sending forth new shoots every year.

Place.] It groweth in many Groves and smal low Woods, in divers places of this Land, as in Kent, Huntington, Cambridge, and Northampton-shires, as also neer water Courses in other places.

Time.] It Flowreth in June and July, and the Seed is ripe in August.

Government and Vertues.] There is not a straw to chuse between this and St. Johns-wort, only St. Peter must have it, lest he should lack Pot-herbs. It is of the same property with St. Johns-wort, but somewhat weak, and therefore more seldom used. Two drams of the Humors, Seed taken at a time in honeyed water, purgeth Chollerick Humors (as saith Dioscorides, Pliny, and Galen) and therby helpeth Burnings. those that are troubled with the Sciatica: The Leavs are used as St. Johns-wort, to help those places of the Body that have been burnt with fire.

Pimpernel.

• Descript.] **C**ommon Pimpernel hath divers weak square stalks lying on the ground, beset al along with two smal, and almost round Leavs at every Joynt, one against another, very like Chickweed, but hath no Footstalks, for the Leavs do as it were compass the Stalk: The Flowers stand singly each by themselves at them and the Stalks, consisting of five round smal pointed Leavs of a fine pale red color, tending to an Orange, with so many threds in the middle, in whose places succeed smooth round Heads, wherein is contained smal Seed. The Root is smal and fibrous, perishing every year.

Place.] It groweth every where almost, as wel in the Meadows and Corn-fields, as by the way sides and in Gardens arising of it self.

Time.] It flowreth from May unto August, and the Seed ripeneth in the mean time, and falleth.

Government and Vertues.] It is a gallant Solar Herb. This is of a clensing and attractive quality, whereby it draweth forth Thorns or Splinters, purgeth the Head, and Galen saith also they have a drying faculty, whereby they are good to soder the Lips of Wounds, and to clense soul Ulcers. The distilled Water or Juyce is much esteemed by French Dames to clense the Skin from any roughness, deformity, or discoloring therof: Being boyled in Wine,

*Venemous
Beasts, Mad
Dogs biting,
Obstructions,
Urin, stone and
gravel, Wounds
and Ulcers,
Clouds or mists
in the Eyes,
Toothach, He-
morrhoids.*

Wine, and given to drink, it is a good Remedy against the Plague, and other Pestilential Feavers, if the Party after taking it warm lie in his bed and sweat for two hours after, and use the same twice at least. It helpeth also al stings and bitings of Venemous Beasts or Mad Dogs, being used inwardly, and applied outwardly: The same also openeth the Obstructions of the Liver, and is very available against the Infirmities of the Reins, it provoketh Urine, and helpeth to expel the Stone and Gravel out of the Kidneys and Bladder, and helpeth much in al inward Wounds and Ulcers. The Decoction or distilled Water is no less effectual to be applied to al Wounds that are fresh and green, or

old filthy fretting and running Ulcers, which it very effectually cureth in short spaces. A little Honey mixed with the Juyce, and dropped into the Eyes, clenseth them from cloudy mists, or thick films which grow over them and hinder the sight: It helpeth the Toothach being dropped into the Ear on the contrary side of the pain. It is also effectual to ease the pains of the Hemorrhoids or Piles.

Ground Pine, or Chamepitys.

Descript.] Our common Ground-Pine groweth low, seldom rising above an handbreadth high, shooting forth divers smal Branches, set with slender smal long narrow grayish or whitish Leavs somewhat hairy; and divided into three parts many times many bushing together at a Joynt, and sometimes some growing scatteredly upon the stalks, smelling somewhat strong like unto Rozin; the Flowers are somewhat smal and of a pale yellow color growing from the Joynts of the Stalks all along among the Leavs, after which come smal, long, and round Husks: The Root is smal and woody, perishing every yeer.

Place.] It groweth more plentifully in Kent than in any other Country of this Land; as namely, in many places from on this side Dartford, along to Southfleet, Cotham, and Rochester, and upon Chattam Down hard by the Beacon, and half a mile from Rochester in a Field nigh a House called Selfey.

Time.] It Flowreth and giveth Seed in the Summer Months.

Government and Vertues.] Mars owns the Herb. The Decoction of Ground-Pine drunk, doth wonderfully prevail against the strangury, or any inward pains arising from the Diseases of the Reins and Urine, and is especial good for al Obstructions of the Liver and Spleen, and gently openeth the Body, for which purpose they were wont in former times to make Pils with the Pouder thereof, and the purple Figs. It mervelously helpeth al the Diseases of the Mother used inwardly, or applied outwardly, procuring Womens Courses, and expelling the dead Child and Afterbirth, yea, it is so powerful upon those Feminine parts that it is utterly forbidden to Women with Child, in that it will

cause

cause abortment or delivery before the time : It is as effect uall also in all pains and Diseases of the Joynts, as Gouts, Cramps, Pal-
Gouts, Cramps, seys, Sciatica, and Aches ; either the Decoction of the
Palseys, Sciati- Herb in Wine taken inwardly, or applyed outwardly, or
ca, Aches, &c. both for some time together, for which purpose the Pills
Dropfie, poyson made with the Pouder of Ground Pine, and of Hermoda-
of the Aconites stils with Venice Turpentine are very effectual. These Pills
Venemous also are speciall good for those that have the Dropfie, to be
Creatures, Cold continued for some time. The same is a speciall good help
Cough Palsie, for the Jaundice, and for gripping pains in the Joynts, Bel-
Hard Breasts, ly, or inward parts ; It helpeth also all Diseases of the Brain
& Hard Swel- proceeding of cold and Flegmatick Humors and Distillati-
lings, ulcers & ons, as also for the Falling-sicknesse. It is an especiall Re-
old Sores, medy for the poyson of the Aconites of all sorts, and
Green Wounds. other poysonful Herbs, as also against the stinging of any
 Venemous Creature: It is a good Remedy for a cold Cough
 especially in the beginning. For all the purposes aforesaid, the Herb being
 tunned up in new drink and drunk, is almost as effectually, but far more ac-
 ceptable to weak and dainty Stomachs. The Distilled Water of the Herb
 hath the same effects, but more weakly. The Conserve of the Flowers doth
 the like, which *Mathiolus* much commendeth against the Palsey. The green
 Herb or the Decoction thereof being applied, dissolveth the hardnesse of
 Womens Breasts, and all other hard Swellings in any other part of the Bo-
 dy. The green Herb also applyed, or the Juyce thereof with some Honey,
 nor only cleanseth putrid, stinking foul and Malignant Ulcers and sores of
 all sorts, but healeth and sodereth up the lips of green Wounds, in any part
 also.

Let Woven forbear it if they be with Child, for it works violently upon
 the Fœminine part.

Plantane.

THis groweth so familiarly in Meadows and Fields, and by Pathways,
 and is so well known that it needeth no Description.

Time.] It is in its beauty about *June*, and the Seed ripeneth shortly
 after.

Government and Vertues.] Its true *Myxaldus* and others, yea almost
 all Astrologo-Physitians hold this to be an Herb of *Mars*, and they give a
 verisimile of a truth for it too, viz. Because it cures diseases of the Head
 and privities which are under the Houses of *Mars*, *Aries*, and *Scorpio* : All
 Diseases of the Head comming of heat are caused by *Mars*, for *Venus* is
 made of no such hot mettle, or at least deals in inferior parts. The truth is
 it is under the command of *Venus*, and cures the head by Antipathy to *Mars*
 and the Privities by Sympathy to *Venus*, neither is there hardly a Martiall
 Disease but it cures, If I were to fortifie my Body against a Martiall Disease
 I would do it by this Herb as soon as by any, and may do it (it maybe)
 when time shall serve.

The Juyce of Plantane clarified and drunk for diuerse days together, either of himself or in other drink prevaileth wonderfully against all torments or Excoriations in the Guts, Distillation of Rheum, or Bowels, helpeth the distillations of Rheum from the Fluxes, and Head, and staieth all manner of Fluxes, even Womens Courses when they flow too abundantly; It is good to stay spitting of Blood, and other Bleedings at the Mouth, or the making of foul or bloody water by reason of any Ulcer in the Reins or Bladder, and also stayeth the too free bleeding of Wounds. It is held an especial remedy for those that are troubled with the Ptsick, or Consumption of the Lungs, or Ulcers in the Lungs, or Coughs that come of heat. The Decoction or Ponder of the Roots or Seed, is much more binding for all the purposes aforesaid than the Leavs. Dioscorides saith, That three Roots boyled in Wine and taken helpeth the Tertian Ague, and four the Quartan Ague: But (letting pass the numbers as Fabulous) I conceive the Decoction of diuerse Roots may be effectuell. The Herb (but especially the Seed) is held to be profitable against the Dropsie, the Falling-sicknesse, the yellow Jaundice, and stoppings of the Liver and Reins. The Roots of Plantane and Pellitory of Spain beaten to Ponder and put into hollow Teeth, taketh away the pains of them: The clarified Juyce or distilled Water dropped into the Eyes cooleth the Inflammations in them, and taketh away the Pin and Web; and dropped into the Ears easeth pains in them, and helpeth and restoreth the Hearing: The same also with Juyce of Houseleek is profitable against all Inflammations and breakings out in the Skin, and against Burnings or Scaldings by Fire or Water. The Juyce or Decoction made either of it self, or other things of like nature is of much use and good effect for old and hollow Ulcers that are hard to be cured, and for Cankers and sores in the Mouth or privy parts of Man or Woman; and helpeth also the pains of the Hot Gouts, Piles in the Fundament. The Juyce mixed with Oyl of Bones out of Roses, and the Temples and Forehead anointed therewith easeth the pains of the Head proceeding from heat, and helpeth Lunatick, and Phrenetick persons very much; as also the biting of Serpents or a Mad Dog: The same also is profitably applyed to all hot Gouts in the Feet or Hands, especially in the beginning. It is also good to be applied where any Bone is out of Joynt to hinder Inflammations, Swellings and Pains that presently rise thereupon. The Ponder of the dried Leavs taken in drink, killeth worms of the Belly, and boyled in Wine killeth Worms that breed in old and foul Ulcers. One part of Plantane Water, and two parts of the brine,

brine of powder'd Beef boyled together and clarified, is a most sure Remedy to heal all spreading Scabs and Itch in the Head or Body, all manner of Tetter, Ringwormes, the Shingles, and all other running and fretting Sores. Briefly the Plantanes are singular good Wound Herbs to heal fresh or old Wounds or Sores either inward or outward.

Plums.

THese are so well known that they need no Description.

Government and Vertues.] All *Plums* are under *Venus*, and are like Women, some better, some worse. As there is great diversity of the kinds, so is there in the operation of *Plums*, for some that are sweet, moisten the Stomach and make the Belly soluble; those that are sour quench *Open the Belly*, thirst more and bind the Belly; the moist and waterish do *Quench Thirst*, soonest corrupt in the Stomach, but the firm do nourish and bind the more and offend lesse: The dried fruit sold by the Grocers *Belly*, procure under the name of *Damask Prunes*, do somewhat loosen *Appetite*, allay the Belly, and being stewed are often used both in health *Choller*, *Cool the* and sicknesse, to relish the Mouth and Stomach to procure *Stomach*, *Appetite*, and a little to open the Body, allay *Choller*, and *Rheum*, *Stone*, cool the Stomach: *Plum-tree* Leavs boyled in Wine, is *Tetter*, and good to wash and gagle the Mouth and Throat, to dry the *Ringworms*, *Flux of Rheum* comming to the Pallat, Gums, or *Al-Piles*, *ulcers*, mounds of the Ears. The Gum of the Trees is good to break *Hoarsnesse*, and the Stone. The Gum or Leavs boyled in Vinegar and applied, killeth Tetter and Ringworms. *Mathiolus* saith, *Ears Stone* and The Oyl pressed out of the Kernels of the Stones, as Oyl *Chollick*. of Almonds is made, is good against the inflamed Piles, the Tumors or Swellings of Ulcers, Hoarsnesse of the voice, roughnesse of the Tongue and Throat, and likewise the pains in the Ears. And that five ounces of the said Oyl taken with one ounce of Muscadine, driveth forth the Stone, and helpeth the Chollick.

Pollipody of the Oak.

Descript.] **T**His is a small Herb, consisting of nothing but Roots and Leavs: bearing neither Stalk, Flower nor Seed as it is thought. It hath three or four Leavs rising from the Root, every one singly by it self, of about a hand length, which are winged, consisting of many small narrow Leavs, cut into the middle rib standing on each side of the Stalk, large below, and smaller up to the top, not dented or notched on the edges at all, as the Male Fern hath; of a sad green colour, and smooth on the upper side, but on the under side somewhat rough, by reason of some yellowish spots set thereon: The Root is smaller then ones little finger lying aslope, or creeping along under the upper crust of the earth, brownish on the out side, and greenish within, of a sweetish harshness in taste, set with certain rough Knags on each side thereof, having also much Mossiness or yellow hairness upon it, and some Fibres underneath it, whereby it is nourished.

Time.]

Place.] It groweth as wel upon old rotten stumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud Walls, as also in Mossie, Stony, and Gravelly places, neer unto Woods: That which groweth upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

Time.] It being alwaies green, may be gathered for use at any time.

Government and Vertues.] And why I pray must Pollipodium of the Oak only be used, Gentle Colledg of Physicians, can you give me but a glimpse of a reason for it? is it only because it is dearest? wil you never leave your covetousness til your lives leave you? The truth is, that which grows upon the Earth is best ('tis an Herb of *Saturn*, and he seldom climbs Trees) to purge Melancholly; if the humor be otherwise, chuse your Pol-

lipodium accordingly. *Mesue* (who is called the Physicians Prieth Hu- Evangelist for the certainty of his Medicines, and the truth of mors, pur- his Opinions) saith, That it drieth up thin Humors, dige- geth burnt steth thick and tough, and purgeth burnt Choller, and espe- Choller, cially tough and thick Flegm, and thin Flegm also, even from Flegm, the joynts; and is therefore good for those that are troubled Melancholly with Melancholly, or Quartan Agues, especially if it be taken Quartan A- in Whey, or Honeyed Water, or in Barley Water, or the Broth gues, spleen, of a Chicken with Epithimum, or with Beets and Mallows. Chollick, It is also good for the hardness of the Spleen and for prickings troublesom or stiches in the sides, as also for the Chollick; some use to sleeps, cough put to it some Fennel Seeds, or Annis Seeds, or Ginger to cor- shortness of rect that loathing it bringeth to the Stomach, which is more breath, whee- than needeth, it being a safe and gentle Medicine, fit for al sings, Lungs, persons at al seasons, which dayly experience confirmeth; Phisick, and an ounce of it may be given at a time in a Decoction, if Member out there be not Sena, or some other strong purger put with it. of joynt, A dram or two of the Pouder of the dried Roots, taken fasting Pollipus, or in a cup of Honeyed Water, worketh gently, and for the pur- Disease in poses aforesaid. The distilled Water both of Roots and Leavs the Nose, is much commended for the Quartan Ague, to be taken for ma- Chops in the ny daies together; as also against Melancholly, or fearful or fingers or troublesom sleeps or dreams; and with some Sugar Candy toes. dissolved therein, is good against the Cough, shortness of

breath and Wheelings, and those distillations of thin Rheum upon the Lungs, which cause Phisicks, and oftentimes Consumptions. The fresh Roots beaten smal, or the Pouder of the dried Roots mixed with Honey and applied to any Member that is out of Joynt, doth much help it: Applied also to the Nose, cureth the Diseas called *Polipus*, which is a piece of Flesh growing therein, which in time stoppeth the passage of breath through that Nostril; and it helpeth those clefts or Chops that come between the fingers or toes.

The Poplar-Tree.

Descript.] **T**Here are two sorts of Poplars which are most familiar with us, Viz. The Black, and the White, both which I shall here describe unto you.

The white Poplar groweth great and reasonable high, covered with a thick smooth white Bark, especially the Branches, having large Leavs cut into severall divisions almost like a Vine Leaf, but not of so deep a green on the upper side, and hoary white underneath, of a reasonable good scent, the whole form representing the Leaf of Coltsfoot. The Catkins which it bringeth forth before the Leavs, are long, and of a faint reddish colour, which fall away, bearing seldome good Seed with them. The Wood hereof is smooth, soft, and white, very finely waved, whereby it is much esteemed.

The black Poplar groweth higher and straighter then the white, with a grayish Bark bearing broad and green Leavs somewhat like Ivy Leaves, not cut in on the edges like the white, but whole and dented, ending in a point, and not white underneath, hanging by slender long Footstalks, which with the Air are continually shaken like as the Aspin Leavs are: The Catkins hereof are greater then of the white, composed of many round green Berries as it were set together in a long Cluster, containing much downie matter, which being ripe is blown away with the winde: The clammy Buds hereof before they spread into Leavs, are gathered to make the Unguentum Populeon, and are of a yellowish green colour and smal, somewhat sweet, but strong. The Wood is smooth, tough, and white, and easie to be cloven: On both these Trees groweth a sweet kind of Musk, which in former times were used, to be put into sweet Oyntments.

Place.] They grow in moist Woods and by water sides in Sundry places of the Land, yet the white is not so frequent as the other.

Time.] Their time is likewise expressed before. The Catkins coming forth before the Leavs and ripen in the end of Summer.

Government and Vertues.] Saturn hath Dominion over both. The White Poplar, saith Galen, is of a cleansing property: the weight of one ounce in Pouder of the Bark thereof being drunk saith Dioscorides is a Remedy for those that are troubled with the Sciatica, or the Strangury: The Juyce of the Leavs dropped warm into the Ears, easeth the pains in them: The young clammy Buds or Eyes before they break out into Leavs, bruised, and a little Honey put to them, is a good Medicine for a dull sight. The black Poplar is held to be more cooling than the White, and therefore the Leavs bruised with Vinegar and applyed, helpeth the Gout; The Seed drunk in Vinegar is held good against the Falling-sicknesse. The Water that dropbeth from the hollow places of this Tree, taketh away Warts, Pusches, Wheals. and other the like breakings out in the Body. The young black Poplar Buds, saith Mathiolus, are much used by Women to beautifie their hair, bruising them

them with fresh Butter, and straining them after they have been kept for some time in the Sun. The Oyntment called *Populeon*, which is made of this Poplar, is singular good for al Heat and Inflammation in any part of the Body, and tempereth the Heat of Wounds: It is much used to dry up the Milk in Womens Breasts, when they have Weaned their Children.

Poppy.

OF this I shal Describe Three kinds, viz. The White and Black of the Garden; and the Erratick, Wild Poppy, or Corn Rose.

Descript.] The White Poppy hath at first four or five whitish green Leavs lying upon the ground, which rise with the stalk, compassing it at the bottom of them, and are very large, much cut or torn in on the edges, and dented also besides: The stalk which is usually four or five foot high, hath sometimes no branches at the top, & usually but two or three at most, bearing every one but one head, wrapped in a thin skin, which boweth down before it be ready to blow, and then rising and being broken, the flower within it spreadeth it self open, and consisteth of four very large white round Leavs, with many whitish round thrids in the middle, set about a smal, round, green head, having a crown, or star-like cover at the head thereof, which growing ripe, becometh as large as a great Aple, wherein are contained a great number of smal round seed, in several partitions or divisions next unto the shel, the middle thereof remaining hollow and empty. All the whole Plant, both Leavs, Stalks, and Heads, while they are fresh, yong, and green, yeild a Milk when they are broken, of an unpleasant bitter taste, almost ready to provoke casting, and of a strong heady smel, which being condensate, is called *Opium*. The Root is white, and woody, perrishing as soon as it hath given ripe seed.

The Black Poppy little differeth from the former, until it beareth his flower, which is somewhat less, and of a black purplish colour, but without any purple spots in the bottom of the Leaf. The Head of Seed is much less than the former, and openeth it self a little, round about the top, under the crown, so that the seed which is very black, wil fall out if one turn the head thereof downwards.

The Wild Poppy, or Corn Rose, hath long and narrow Leavs, very much cut in on the edges into many divisions, of a light green colour, and sometimes hairy withal: The Stalk is blackish and hairy also, but not so tall as the garden-kinds, having some such like Leavs thereon as grow below, parted into three or four Branches sometimes, wheron grow smal hairy heads, bowing down before the skin break, wherein the flower is inclosed, which when it is full blown open, is of a fair yellowish red, or crimson colour; and in some, much paler, without any spot in the bottom of the Leavs, having many black soft thrids in the middle, compassing a smal green head, which when it is ripe, is not bigger then ones little finger end, wherein is contained much black seed, smaller by half than that of the Garden. The Root perissheth every year, and springeth again of its own sowing. Of this kind, there is one lesser in all the parts thereof, and differeth in nothing else.

Place.] The Garden kinds do not naturally grow wild in any Place, but are all sown in Gardens where they grow.

The *wild Poppy*, or *Corn Rose* is plentiful enough, and many times too much in the *Corn-fields* of al Countries through this Land, and also upon *Ditch-banks*, and by *Hedge-sides*: The *smaller wild kind* is also found in *Corn-fields*, and also in some other places, but not so plentiful as the former.

Time.] The *Garden kinds* are usually sown in the Spring, which then flower about the end of *May*, and somewhat earlier, if they spring of their own sowing.

The *wild kinds* Flower usually from *May* until *July*, and the Seed of them is ripe soon after the flowering.

Government and Vertues.] The Herb is *Lunar*, and of the Juyce of it is made *Opium*; only for lucre of Money they cheat you, and tel you 'tis a kind of *tear*, or some such like thing that drops from *Poppies* when they weep, and that is some where beyond the Seas, I know not where, beyond the *Moon*. The *Garden Poppy* heads, with seeds made into a Syrup, is frequently, and to good effect, used to procure rest and sleep in the sick and weak, and to stay *Catarrhs* and *Defluxions* of hot thin *Rheums* from the Head into the Stomach, and upon the Lungs, causing a continual Cough, the Fore-runner of a Consumption: It helpeth also Hoarsness of the Throat, and when one hath lost their voice, which the Oyl of the Seed doth likewise. The black seed boyled in Wine and drunk, is said also to stay the Flux of the Belly and Womens Courses. The empty shels of the Poppy-heads are usually boyled in Water and given to procure rest and sleep; so do the Leavs in the same manner: as also if the Head and Temples be bathed with the Decoction warm, or with the Oyl of Poppies, the green Leavs or Heads bruised and applied with a little Vinegar, or made into a Pultis with Barly-meal, or Hogs-grease, it cooleth and tempereth al Inflammations, as also the Disease called *St. Anthons Fire*. It is generally used in Treacle and Methridate, and in al other Medicines that are made to procure rest and sleep, and to ease pains in the Head as wel as in other parts: It is also used to cool Inflammations, Agues, or Phrensies, and to stay defluxions which cause a Cough or Consumption, and also other Fluxes of the Belly, or Womens Courses: It is also put into hollow Teeth to ease the pain, and hath been found by experience to ease the pain of the Gout.

The *wild Poppy*, or *Corn Rose* (as *Mathiolus* saith) is good to prevent the *Falling-sickness*. The Syrup made with the Flowers is with good effect given to those that have the *Pleurisie*: and the dried Flowers also, either boyled in Water, or made into Pouder and drunk, either in the Distilled water of them, or in some other Drink, worketh the like effect. The Distilled Water of the flowers, is held to be of much good use against *Surfets*, being drunk evening

Inflam-
mations.

evening and morning : It is also more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Phrensies, and other Inflammations either inward or outward, the Syrup or Water to be used therin, or the green Leavs, used outwardly, either in an Oyntment, as it is in *Populeon*, a cooling Oyntment, or any other wayes applied. *Galen* saith, The Seed is dangerous to be used inwardly.

Purflane.

Garden Purflane (being used as a Saller Herb) is so wel known that it needeth no Description ; I shal therefore only speak of its Vertues as followeth.

Government and Vertues.] 'Tis an Herb of the *Moon*. It is good to cool any heat in the Liver, Blood, Reins; and Stomach, and in hot Agues, nothing better ; It stayeth hot and Chollerick Fluxes of the Belly, Womens Courses, the Whites, and Gonorrhea, or running of the Reins, the Distillations from the Head, and pains therin proceeding of Heat, want of sleep, or the Phrensie. The Seed is more effectual than the Herb, and is of singular good use to cool the heat and sharpness of the Urine, and the outrageous Lust of the Body, Venerious Dreams, and the like, insomuch that the over-frequent use hereof, extinguisheth the Heat and Vertu of Natural Procreation. The Seed bruised and boyled in Wine, and given to Children, expellerth the Worms. The juyce of the herb is held as effectual to al the purposes aforesaid, as also to stay Vomitings ; and taken with some Sugar or Honey, helpeth an old and dry Cough, shortness of Breath, and the Phtisick, and stayeth immoderate Thirst. The Distilled Water of the Herb is used by many (as the more pleasing) with a little Sugar, to work the same effects. The juyce also is singular good in the Inflammations and Ulcers of the secret Parts in Man or Woman, as also of the Bowels and Hemorrhoids, when they are Ulcerous, or Excoriations in them : The Herb bruised and applied to the Fore-head and Temples, allayeth excessive heat therin, hindring rest and sleep : and applied to the Eyes, taketh away the Redness and Inflammation in them ; and those other Parts where Pusshes, Wheals, Pimples, St. Antonies Fire, and the like, break forth, especially if a little Vinegar be put to it : And being laid to the Neck with as much of Galls and Linseed together, taketh away the pains therin and the Crick in the Neck. The Juyce is used with Oyl of Roses for the said Causes, or for Blastings by Lightning, and Burnings by Gun-powder, or for Womens sore Breasts, and to allay the heat in al other Sores or Hurts : Applied also to the Navel.

Urine, Gout,
Cramp, & stiff-
ness of the si-
nues.

vels of Children that stick forth, it helpeth them: It is also good for sore mouths, and Gums that are swollen, to fasten loose teeth. *Camerarius* saith, That the Distilled Water used by some, took away the pain of their Teeth when all other Remedies failed, and that the thickned Juyce made in Pills with the Pouder of Gum-Tragacanth, and Arabick, being taken prevaileth much to help those that make a bloody water. Applied to the Gout it easeth pains thereof, and helpeth the hardness of Sinews, if it come not of the Cramp, or a cold Cause.

Primroses.

These are so wel known, that they need no Description. Of the Leavs of Primroses is made as fine a Salve to heal green Wounds as any is that I know: You shal be taught to make Salves of any Herb at the latter end of the Book, make this as you are taught there, and do not (you that have any ingenuiry in you) see your poor Neighbors go with wounded Limbs, when a half-penny cost wil heal them.

Privet.

Descript.] Our Common Privet is carried up with many slender Branches, to a reasonable height and breadth; to cover Arbors, Rows, and Banqueting Houses, and brought; wrought, and cut into many Banns, of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of it self: It beareth long and narrow green Leavs by couples, and sweet smelling white flowers in tufts at the ends of the branches, which turn into smal black Berries that have a purplish Juyce within them, and some seeds that are flat on the one side, with a hole or dent therein.

Place.] It groweth in this Land, in divers Woods.

Time.] Our Privet Flowreth in June and July; the Berries are ripe in August and September.

Government and Vertues.] The Moon is Lady of this. It is little used in Physick with us in these times, more than in Lotions to wash Sores, and sore Mouths, and to cool Inflammations sore Mouths, and dry up Fluxes. Yet *Mathiolus* saith, It serveth to al the Throats, Cool uses for the which *Cypus* or the East Privet is appointed by Inflammations, *Dioscorides* and *Galen*. He further saith, That the Oyl that is made of the Flowers of Privet infused therein, and set in the Sun, is singular good for the Inflammations of Wounds, and for the Head-ach coming of an hot cause. There is a sweet Water also distilled from the Flowers that is good for al those Diseases that need cooling and drying, and therefore helpeth al Fluxes of the Belly or Stomach. Bloudy Fluxes, and Womens Courses, being either drunk or applied, as also for those that void Bloud at their Mouth, or at any other place; and for Distillations of Rheums in the Eyes, especially if it be used with Turke.

Queen of the Meadows, Meadow-sweet, Or, Mead-sweet.

Descript.] **T**He Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having at the joynts thereof large winged Leavs, standing one above another at distances, consisting of many and somewhat broad Leavs, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like to Elm-Leavs, having also some smaller Leavs with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and grayish underneath, of a pretty sharp scent and tast, somewhat like unto Burnet, and a Leaf herof put into a cup of Clarret-wine, giveth also a fine relish to it: At the tops of the stalks and branches stand many tufts of smal white Flowers, thrust thick together, which smel much sweeter than the Leavs: and in their places, being fallen, come crooked and cornered Seed: The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers greater strings, and lesser fibres set therat, of a strong scent, but nothing so pleasant as the Flowers and Leavs, and perisheth not, but abideth many years, shooting forth anew every Spring.

Place.] It groweth in moist Meadows, that lie much wet, or neer the Courses of Water.

Time.] It Flowreth in some place or other al the three Summer Months, that is, June, July, and August, and their Seed is ripe quickly after.

Government and Vertues.] Venus claims dominion over the Herb. It is used to stay al manner of Bleedings, Fluxes, Vomitinges, and Womens Courses, as also their Whites: It is said to alter and take away the Fits of Quartan Agues, and to make a merry Heart, for which purpose some use the Flowers, and some the Leavs. It helpeth speedily those that are troubled with the Chollick, being boyled in Wine; and with a little Honey taken warm, it openeth the Belly: but boyled in red Wine and drunk, it stayeth the Flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cancrous or eaten, or hollow and Fistulous, for which it is by many much commended, as also for the Sores in the mouth, or secret Parts. The Leavs, when they are ful grown, be laid upon the skin, wil in a short time raise Blisters thereon, as Tragus saith. The Water thereof helpeth the Heat and Inflammation in the Eyes.

The Quince-Tree.

Descript.] **T**He ordinary Quince-tree groweth often to the height and bigness of a reasonable Apple-tree, but more usually lower and crooked with a rough Bark, spreading Arms and Branches far abroad. The Leavs are somewhat like those of the Apple-tree, but thicker, harder, and fuller of Veins, and white on the under side, not dented at all about the edges.

edges. The Flowers are large and white, sometimes dash'd over with a bluish. The Fruit that followeth is yellow, being neer ripe, and covered with a white Freez or Cotton, thick set on the yonger, and growing less as they grow to be through ripe, bunched out often times in some places, some being liker an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sour, harsh, and of an unpleasant tast to eat fresh; but being scalded, roasted, baked, or preserved, becometh more pleasant.

Place and Time.] It best likes to grow neer Ponds and Water sides, and is frequent through this Land; and flowereth not until the Leavs be come forth: The Fruit is ripe in September or October.

Government and Vertues.] Old Saturn owns the Tree. Quinces when they are green, helps al sorts of Fluxes in Man or Woman, and Fluxes, Chollerick Laske, Castings, and whatsoever needeth Astringen Lasks, &c. more than any way prepared by fire: yet the Syrup of the Provoketh Juyce, or the Conserve, are much conduible, much of the binding quality being consumed by the fire: If a little Vinegar be Appetite, added, it stirreth up the languishing Apperite, and the Stomach stayeth vomiting, given to casting: Some Spices being added, it comforteth and strengthneth the decayed and fainting Spirits, and helpeth the Fainting Liver oppressed, that it cannot perfect the digestion; and correcteth Choller and Flegm: If you would have them Purging, Choller, Flegm, put Honey to them initead of Sugar; and if more Laxative, poyson, for Choller, Rhubarb; for Flegm, Turbith; for watery Humors, Stammony: but if more forcibly to bind, use the unripe Womens Breasts, Quinces with Roses, and Acacia, or Hypocistis, and some torrefied Rhubarb. To take the crude Juyce of Quinces, is held a plague Sares, preserveth sound most cerrain true, That the very smel of a Quince hath Hair. taken away al the strength of the Poyson of white Hellebore. If

there be need of any outward binding and cooling of any hor Fluxes: The Oyl of Quinces, or other Medicines that may be made thereof, are very available to anoint the Belly, or other parts therewith: It likewise strengtheneth the Stomach and Belly, and the Sinews that are loosned by sharp Humors falling on them, and restraineth immoderate sweatings. The Muccilage taken from the Seeds of Quinces boyled a little in Water, is very good to cool the Heat, and heal the Sore Breasts of Women. The same with a little Sugar is good to lenesie the harshness and hoarsness of the Throat, and roughness of the Tongue. The Cotton or Down of Quinces boyled and applied to Plague Sores, healeth them up; and laid as a Plaister made up with Wax, it bringeth Hair to them that are bald, and keepeth it from falling if it be ready to shed.

Rhadish and Hors-Rhadish.

THe Girden Radish is so wel known that it needeth no Description. *Descript.] The Hors Radish hath his first Leavs that rise before winter, about a foot and a half long, very much cut in or torn on the edges into many*

many parts of a dark green colour, with a great Rib in the middle: After these have been up a while, others follow which are greater, rougher, broader, and longer whol, and not divided as the first, but only somewhat roundly dented about the edges: The stalk when it beareth Flowres (which is but seldom) is great, rising up with some few lesser Leavs thereon to three or four foot high, spreading at the top many smal branches of whitish Flowers, made of four Leavs apiece; after which come smal pods like those of Shepherds-purse, but seldom with any Seed in them. The Root is great, long, white, and rugged, shooting up divers Heads of Leavs, which may be parted for encrease, but it doth not creep within ground, nor run above ground, and is of a strong, sharp and bitter tast, almost like Mustard.

Place.] It is found wild in some places of this Land, but is chiefly planted in Gardens where it joyeth in a moist and shadowy place.

Time.] It Flowreth but seldom, but when it doth, it is in July.

Government and Vertues.] They are both under Mars. The Juyce of Horf-Rhadish given to drink, is held to be very effectual for the Scurvy, Scurvy. It killeth the Worms in Children being drunk, and Worms, also laid upon the Belly. The Root bruised and laid to the place Sciatica, grieved with the Sciatica, Joynt ach, or the hard Swellings of Liver and the Liver and Spleen, doth wonderfully help them al. The distilled water of the Herb and Roots, is more familiar to be taken with a little Sugar for al the purposes aforesaid.

Garden Rhadishes are in wantonness by the Gentry eaten as Sallat, but they breed but scurvy humors in the Stomach, and corrupt the Blood, and then send for a Phyitian as fast as you can, this is one cause, makes the owners of such nice Pallats so unhealthful, yet for such as are troubled with the Gravel, Stone, or stoppage of Urin, they are good

Stone, Phylick if the Body be strong that takes them: You may make *Disury.* the Juyce of the Roots into a Syrup if you please for that use: They purge by Urine exceedingly.

Ragwort.

It is called also St. James-wort, Stagger-wort, and Stammer-wort, and Seggrum.

Descript.] The greater common Ragwort hath many large, and long dark green Leavs lying on the ground, very much rent and torn on the sides into many pieces; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish Stalks three or four foot high, sometimes branched, bearing divers such like Leavs upon them at several distances unto the tops, where it brancheth forth into many Stalks bearing yellow Flowers, consisting of divers Leavs set as a Pale or Border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into Down, and with the smal blackish gray Seed are carried away with the wind. The Root is made of many Fibres, whereby it is firmly fastned into the ground, and abideth many yeers.

There is another sort hereof different from the former only in this, That it

it riseth not so high; the Leavs are not so finely jagged, nor of so dark a green color, but rather somewhat whitish, soft, and woolly, and the Flowers usually paler.

Place.] They grow both of them wild in Pastures, and untilld grounds in many places, and often times both of them in one Field.

Time.] They Flower in *June* and *July*, and the Seed is ripe in *August*.

Government and Vertues.] Ragwort is under the command of Dame *Venus*, and clenseth, digesteth, and discusseth. The Decoction of the Herb to wash the Mouth or Throat that have Ulcers or Sores therein; and for swellings, hardness, or Impostumations, for it throughly clenseth and healeth them; as also the Quinsie, and the Kings Evil: It helpeth to stay Catarrhs, thin Rheums and Defluxions from the Head into the Eyes, Nose, or Lungs. The Juyce is found by experience to be singular good to heal green Wounds, and to clense and heal al old and filthy Ulcers in the Privities, and in other parts of the Body; as also inward Wounds and Ulcers, and stayeth the malignity of fretting or running Cankers, and hollow Fistulaes, not suffering them to spread further. It is also much commended to help Aches and pains, either in the Flethy parts, or in the Nerves and Sinews; as also the Sciatica, or pain of the Hips or Huckle-bone, to bath the places with the Decoction of the Herb, or to anoint them with an Oyntment made of the Herb bruised and boyled in old Hogs Suet, with some Mastich and Olibanum in Pouder added unto it after it is strained forth.

In *Suffex* we cal it Ragweed.

Rattle-grafs.

Of this there are two kinds which I shal speak of, viz. The Red, and Yellow.

Descript.] The common Red Rattle, hath sundry reddish hollow stalks, and sometimes green, rising from the Root, lying for the most part on the ground, yet some growing more upright, with many smal reddish or greenish Leavs set on both sides of a middle Rib finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red color, like smal gaping hoods; after which come flat blackish Seed in smal Husks, which lying loose therein, wil rattle with shaking. The Root consists of two or three smal whitish strings, with some fibres therat.

The common Yellow Rattle hath seldom above one round green Stalk, rising from the Root, about half a yard or two foot high, and but tew Branches thereon, having two long, and somewhat broad Leavs set at a Joynt, deeply cut in on the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end: The Floweas grow at the tops of the Stalks with some shorter Leavs with them, hooded after the same manner that the others are, but of a fair yellow color in most, or in some paler, and

in

in some more white. The Seed is contained in large Husks, and being ripe will rattle, or make a noise with lying loose in them. The Root is smal and slender, perishing every yeer.

Place.] They grow in our Meadows and Woods, generally through this Land.

Time.] They are in Flower from Mid-Summer until August be past sometimes.

Government and Vertues.] They are both of them under the Domini-
on of the Moon. The Red Rattle is accounted profitable
Fistulaes; and to heal up Fistulaes, and hollow Ulcers and to stay the Flux
hollow Ulcers, of Humors to them, as also the abundance of Womens
Womens Cour- Courses, or any other Flux of Blood, being boyled in red
ses, Fluxes. Wine and drunk.

The Yellow Rattle, or Cocks Comb, is held to be good
Cough, Dim for those that are troubled with a Cough, or dimness of
sight. sight, if the Herb being boyled with Beans, and some Hony
put thereto, be drunk, or dropped into the Eyes. The whol
Seed being put into the Eyes draweth forth any Skin, Dimness or Film
from the sight without trouble or pain.

Rest-Harrow, or Cammoak.

Descript.] Common Rest-harrow riseth up with divers rough woody
twigs, half a yard, or a yard high, set at the Joynts with-
out order, with little roundish Leavs sometimes more than two or three at a
place, of a dark green color, without thorns while they are yong, but after-
wards armed in sundry places with short and sharp Thorns. The Flowers
come forth at the tops of the twigs and branches whereof it is full, fashioned
like Pease, or Bloom Blossoms, but lesser, flatter, and somewhat closer, of a
faint purplish color; after which come smal Pods, containing smal, flat, and
round Seed: The Root is blackish on the outside, and whitish within, very
tough and hard to break, when it is fresh and green, and as hard as an Horn
when it is dried, thrusting down deep into the ground, and spreading like-
wise, every piece being apt to grow again if it be left in the ground.

Place.] It groweth in many places of this Land, as wel in the Arable as
wast ground.

Time.] It flowereth about the beginning or middle of July, and the
Seed is ripe in August.

Government and Vertues.] It is under the Dominion of Mars. It is
singular good to provoke Urin when it is stopped, and to break
urine and drive forth the Stone, which the Pouder of the Bark of the
stopped, Root taken in Wine performeth effectually. *Matthiolus* saith,
Stone, The same helpeth the Disease called *Hiernia Carnosa*, the Fleishy
Fleishy, Rupture, by taking the said Pouder for some months together
Rupture, constantly, and that it hath cured some which seemed incurable
Toothach, by any other means than by cutting or burning. The Decocti-
Liver and on thereof made with some Vinegar and gargled in the Mouth,
cureth

Spleen, ease the Toothach, especially when it comes of Rheum; and
obstructed, the said Decoction is very powerful to open obstructions of the
Ulcers. Liver and Spleen, and other parts. A distilled Water made in
Balneo Mariae with four pound of the Roots hereof first sliced
 smal, and afterwards steeped in a gallon of Canary Wine, is singular good
 for al the purposes afore said, and to cleanse the passages of the Urine. The
 Pouder of the said Root made into an Electuary or Lozenges with Sugar:
 as also the Bark of the fresh Roots boyled tender, and afterwards beaten in-
 to a Conserve with Sugar, worketh the like effect. The Pouder of the
 Roots strewed upon the brims of Ulcers, or mixed with any other conveni-
 ent thing and applied, consumeth the hardness, and causeth them to heal the
 better.

Rocket.

IN regard the Garden Rocket is rather used as a Sallet Herb than to any
 Physical purposes, I shal omit it, and only speak of the common wild
 Rocket: The Description whereof, take as followeth;

Descript.] The common wild Rocket, hath longer and narrower Leavs,
 much more divided into slender cuts and jags on both sides of the middle Rib
 than the Garden kinds have, of a sad overworn green color, from among
 which riseth up divers stiff stalks two or three foot high, sometimes set with
 the like Leavs, but smaller, and smaller upwards, branched from the middle
 into divers stiff stalks, bearing sundry yellow Flowers on them made of four
 Leavs apiece, as the others are, which afterwards yield smal reddish Seed,
 in smal long Pods, of a more bitter and hot biting tast than the Garden
 kinds, as the Leavs are also.

Place.] It is found wild in divers places of this Land.

Time.] It flowereth about June and July, and the Seed is ripe in Au-
 gust.

Government and Vertues.] The Wild Rockets are forbidden to be used
 alone in regard their sharpness sumeth into the Head, causing ach and pain
 therein: and are no less hurtful to hot and Chollerick persons, for fear of in-
 flaming their Blood, & therefore for such we may say, a little doth but a little
 harm, for angry Mars rules them, and he sometimes wil be testy when he
 meers with Fools. The Wild Rocket is more strong and
Increas **Sperm** effectual to encrease Sperm and Venerious qualities, wher-
& venery, **helps** unto also the Seed is more effectual than the Garden kinds:
digestion, **pro-** It serveth also to help Digestion, and provoketh Urin ex-
voles Urin, **ceedingly.** The Seed is used to cure the bitings of Ser-
Bitings of Ser- pents, the Scorpion, and the Shrew-Mouse, and other poy-
sons, **&c.** sons, and expelleth Worms, and other noisom Creatures
Cough in Chil- that breed in the Body. The Herb boyled or stewed, and
dren, **increaseth** some Sugar put thereto, helpeth the Cough in Children
Milk, **cleaseth** being taken often. The Seed also taken in drink taketh a-
the Face, **scars,** way the il scent of the Arm-pits, encrease the Milk in Nur-
Blue spots, ses, and wasteth the Spleen. The Seed mixed with Ho-
 ney,

Marks of smal pox. acy, and used on the Face, cleanseth the Skin from Spots, Morpew, and other discolorings therein; and used with Vinegar taketh away Freckles and redness in the Face or other parts and with the Gal of an Ox, it amendeth foul Scars, black and blue Spots, and the marks of the smal Pox.

Winter Rocket, or Cresses.

Descript.] **W**inter Rocket, or Winter Cresses, hath divers somewhat large, sad, green Leavs, lying upon the ground, torn or cut into divers parts, somewhat like unto Rocket, or Turnip leavs, with smaller pieces next the bottom, and broad at the ends, which so abide al winter (if it spring up in *Autumn*, when it is used to be eaten) from among which riseth up divers smal round Stalks ful of branches, bearing many smal yellow Flowers of four Leavs apiece, after which come smal long Pods with reddish seed in them: The Root is somewhat stringy, and perisheth every year after the seed is ripe.

Place.] It groweth of its own accord in Gardens, and Fields, by the way sides in divers places, and particularly in the next Pasture to the Conduit-Head behind *Graves-Inne* that brings Water to Mr. *Lamb's* Conduit in *Holborn*.

Time.] It Flowreth in *May*, and Seedeth in *June*, and then perisheth.

Government and Vertues.] This is profitable to provoke Urine, and helpeth the Strangury, and to expel Gravel and the Stone; It is also of good effect in the Scurvy: It is found by experience to be a singular good Wound Herb, to cleanse inward Wounds: the Juyce or Decoction being drunk, or outwardly applied to wash foul Ulcers and Sores, cleansing them by sharpness, and hindring or abating the dead Flesh from growing therein, and healing them by the drying quality.

Roses.

I Hold it altogether needlesse to trouble the Reader with a Description of any of these, sith both the Garden *Roses*, and the Wild *Roses* of the *Bryars* are well enough known; take therefore the Vertues of them as followeth; And first I shall begin with the Garden kinds.

Government and Vertues.] What a quarter have Authors made with *Roses*, what a Racket have they kept? I shall ad, Red *Roses* are under *Jupiter*, Damask under *Venus*, and White under the *Moon*, and Province under the King of *France*. The White and the Red *Roses* are cooling and drying, and yet the White is taken to exceed the Red in both those properties, but is seldome used inwardly in any Medicine. The Choller, and bitterneffe in the *Roses* when they are fresh, especially the waterish Humors; Head-ach, Pains in the Ears, Eyes, Those also that are not full blown do both cool and bind more

Throat and Gums, Fundament, Bowels, and Matrix. more then these that are full blown, and the White Roses more than the Red. The Decoction of Red Roses made with Wine and used, is very good for the Headach, and pains in the Eyes, Ears, Throat and Gums, as also for the **St. Antonies** Fundament, the lower bowels, and the Matrix, being bathed, or put into them. The same Decoction with the **fire, Stomach,** Roses remaining in it, is profitably applyed to the Region of the Heart to ease the Inflammation therein: as also **St. Antonies** fire, and other Diseases of the Stomach. Being dried and beaten to powder, and taken into steeled Wine or Water, it helpeth to stay Womens Courses. The yellow threads in the **Womens Courses, Defluxions** middle of the Red Roses (which are erroneously called the **fastneth Teeth,** Rose Seed) being poudered and drunk in the distilled water of Quinces, stayeth the overflowing of Womens Courses, and doth wonderfully stay the Defluxions of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vinegar of Squils added thereto. **Lask and spitting of Bloud,** The Heads with Seed being uled in Pouder or in a Decoction, stayeth the Lask and spitting of Bloud. **Heat & Inflammations, Rest & sleep, whiets & Reds in Women, Choller & Flegm, Redness and watering of the Eyes.** Red Roses do strengthen the Heart, the Stomach and the Liver, and the retentive facultis, they mitigate the pains that arise from Heat, assuage Inflammations, procure rest and sleep, stay both Whites and Reds in Women, the Gonorrhoea or running of the Reins, and the Fluxes of the Belly; the Juyce of them doth purge and cleanse the Body from Choller and Flegm: The Husks of the Roses with the Beards and Nails of the Roses are binding and cooling and the Distilled Water of either of them is good for the Heat and rednesse in the Eyes, and to stay and dry up the Rheums and watering of them. Of the Red Roses are usully made many Compositions all serving to sundry good uses; *Viz.* Electuary of Roses; Conserve both moist and dry, which is more usully called Sugar of Roses; Syrup of dried Roses, and Honey of Roses; The Cordiall Pouder called *Diarrhodon Abbatiss*, and *Aromatica Rosarum*; The Distilled Water of Roses, Vinegar of Roses, Oynment and Oyl of Roses, and the Rose Leavs dried, which although no Composition, yet of very great use and effect. To write at large of every one of these would make my Book swel too big, it being sufficient for a Volum by it self to speak fully of them: But briefly, The Electuary is purging, whereof two or three Drams taken by it self in some convenient Liquor is a purge sufficient for a weak Constitution; but **A Purge for Choller, Hot Feavers, Pains of the Head, Heat of the Eyes, Jaundice & Joynt Aches,** may be encreased to six drams according to the strength of the Patient. It purgeth Choller without trouble, and is good in hot Feavers, and pains of the Head arising from hot Chollerick Humors, and heat in the Eyes, the Jaundice also, and Joynt Aches proceeding of hot Humors. The moist Conserve is of much use, both binding and Cordiall, for untill it be about two years old it is more binding.

Distillations & Defluxions of Rheum, Fluxes and Lasks, running of the Reins, Faintings, Swounings and trembling of the Heart, Helpeth Digestion, Stayeth Casting, Infection, Cooleth the Liver and Blood, resisteth Putrefaction, and Infection, Sore Mouths, Throats, &c. Comfort the Heart & Stomach, stay Vomiting, Faint Spirits, Redness of Eyes.

binding then Cordiall, and after that, more Cordial than Binding: Some of the younger Conserve taken with *Menthridatum* mixed together, is good for those that are troubled with Distillations of Rheum from the Brain to the Nose, and Defluxions of Rheum into the Eyes, as also for Fluxes and Lasks of the Belly; and being mixed with the Pouder of Mastick, is very good for the running of the Reins, and for other loosnesse of Humors in the Body. The old Conserve mixed with *Aromaticum Rosarum* is a very good Cordiall against Faintings, Swounings, Weaknesse, and Tremblings of the Heart, strengthening both it and a weak Stomach, helpeth digestion, stayeth casting and is a very good Preservative in the time of Infection. The dry Conserve which is called Sugar of Roses, is a very good Cordial to strengthen the Heart and Spirits; as also to stay Defluxions. The Syrup of dried Red Roses strengtheneth a Stomack given to casting, cooleth an overheated Liver, and the Blood in Agues, comforteth the Heart and resisteth putrefaction and infection, and helpeth to stay Lasks and Fluxes. Honey of Roses is much used in Gargles and Lotions to wash Sores either in the Mouth, Throat, or other parts, both to cleanse and heal them, and to stay the Fluxes of Humors falling upon them; it is also used in Clysters both to cool and cleanse. The Cordiall

Pouders called *Diorhodon Abbatis* and *Aromaticus Rosarum* do comfort and strengthen the Heart and Stomach, procure an Appetite, help Digestion, stayeth Vomiting; and is very good for those that have slippery Bowels to strengthen them, and to dry up their moisture. Red Rose Water is of wel known and familiar use in al occasions (and better then Damask Rose Water) being cooling and Cordial, freshing quickning the weak & faint spirits, used either in meats, or broths, to wash the Temples, to smel to at the Nose, or to smel the sweet vapors thereof out of a perfuming Pot, or cast on a hot Fire-shovel: It is also of much good use against the rednesse and Inflammations in the Eyes to bath them therewith; and the Temples of the Head also against pain & ach, for which purpose also

Vinegar of Roses is of much good use, and to procure rest and sleep, if some thereof and Rosewater together be used to smel unto, or the Nose and Temples moistned therewith, but more usually to moisten a piece of Red Rose Cake cut fit for the purpose, and heared between a double folded Cloth, with a little beaten Nutmeg, and Poppy Seed strewed on the side that must ly next to the forehead and Temples, and bound so thereto for all night. The Oyntment of Roses is much used against heat and Inflammations in the Head, to anoint the Forehead and Temples, and being mixed with *unguentum Populeon*, to procure rest; as also it is used for the heat of the Liver, of the Back and

ples, Fluxes of
Humors.

and Reins, and to cool and heal Pusshes, Wheals and other red Pimples rising in the Face or other parts. Oyl of Roses is not onely used by it self to cool any hot Swellings or Inflammations, and to binde and stay Fluxes of Humors unto Sores, but is also put into Oyntment and Plaisters that are cooling and binding, and restraining the Flux of Humors. The dried Leavs of the Red Roses are used both inward and outwardly, both cooling, binding and Cordiall, for with them are made both *Aromaticum Rosarum*, *Diarrhodon Abbatis*, and *Saccharum Rosarum*, each of whose Properties are before declared. Rose Leavs and Mints heated and applied outwardly to the Stomach, stayeth castings, and very much strengtheneth a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, doth much cool and temper them, and also serveth instead of a Rose Cake (as is said before) to quiet the over hot Spirits and cause rest and sleep. The Syrup of Damask Roses is both

Purgeth Chol-
ler.

Bind the Belly.

Melancholick
humors, leprosie
Itch, Tetters,
French Pox.

Open the Belly.

Conserve and Preserved
Leavs of these Roses
are also operative,
in gently opening
the Belly.

The Simple Water of the Damask Roses is chiefly used for Fumes to sweeten things, as the dried Leavs therof to make sweet Pouders, and fill sweet Bags, and little use they are put to in Physick, although they have some purging quality; The wild Roses also are few or none of them used in Physick, but yet are generally held to come neer the Nature of the manured Roses.

Bind the
Belly, and
stay Deflu-
xions,
Whites in
women,
Stone,
provoke

The Fruit of the wild Bryar, which are called *Heps*, being thoroughly ripe, and made into a Conserve with Sugar, besides the pleasantness of the tast, doth gently bind the Belly, and stay Defluxions from the Head upon the Stomach, drying up the moisture thereof, and helpeth digestion. The Pulp of the *Heps* dried into a hard Consistence, like to the juyce of Liquoris, or so dried that it may be made into powder and taken in drink stayeth speedily the Whites in Women. The Bryar Ball is often used being made into Powder and drunk to break the Stone, to pro-

voko

Urine, cholicke, Worms. voke Urine when it is stopped, and to ease and help the Cholick, some appoint it to be burnt, and then taken for the same purpose. In the middle of these Balls are often found certain white Worms, which being dried and made into Pouder, and some of it drunk, is found by experience of many, to kill and drive forth the Worms of the Belly.

Rosa Solis, or Sun-dew.

Descript. **T**His hath divers smal round hollow Leavs, somewhat greenish, but full of certain red hairs, which makes them seem red, every one standing upon his own footstalk, reddish hairy likewise. The Leavs are continually moist in the hottest day; yea, the hotter the Sun shines on them, the moister they are, with a certain sliminess that will rope (as we say) the smal hairs alwayes holding this moisture: Among these leavs rise up smal slender stalks, reddish also, three or four fingers high, bearing divers smal white knobs one above another, which are the Flowers; after which, in the Heads are certain smal Seeds: The Root is a few smal hairs.

Place. It groweth usually on Bogs, and in wet places, and sometimes in moist Woods.

Time. It Flowreth in June, and then the Leavs are fittest to be gathered.

Government and Vertues. The Sun rules it, and 'tis under the Sign Cancer. *Rosa Solis* is accounted good to help those that have salt Rheum distilling on their Lungs which breedeth a Consumption, and therefore the distilled Water thereof in Wine, is held fit and profitable for

Distillations of such to drink, which water will be of a gold yellow colour: *Rheum, phthisick, wheesings, shortness of breath, cough, Ulcers in the Lungs, Comfort the heart, raise blisters, passions of the Heart.* The same water is held to be good for all other Diseases of the Lungs, as Phthisicks, Wheesing, shortness of Breath, or the Cough; as also to heal the Ulcers that happen in the Lungs, and it comforteth the Heart and fainting Spirits; The Leavs outwardly applied to the Skin will raise Blisters, which hath caused some to think it dangerous to be taken inward: but there are other things which will also draw Blisters, yet nothing dangerous to be taken inwardly. There is an usual Drink made hereof with *Aqua vite* and Spices frequently, and without any offence or danger, but to good purpose used in Qualms and Passions of the Heart.

Rosemary.

Our Garden Rosemary is so well known, that I need not describe it.

Time. It Flowreth in April and May with us, and sometimes again in August.

Government and Vertues. The Sun claims priviledge in it, and 'tis under the Cœlestial Ram. It is an Herb of as great use with us in these dayes, as any whatsoever, not only for Physical, but civil purposes. The Physical

use of it (being my present Task) is very much, both for inward and outward Diseases; for by the warming and comforting heat thereof, it helpeth al cold diseases, both of the Head, Stomach, Liver, and Belly. The Decoction thereof in Wine, helpeth the cold Distillations of

Cold Diseases, Rheum, swimming of the head, drowfines, stupidity, dumb Palsey, lethargy & falling-sickness, tooth-ach, stinking breath, weak Memory, stomach, Retention of Meat, wind, Liver-grown, dim sight, yellow-Jaundice, Pestilence whites, in women, Cough, phthisick, or consumption benum'd joynts spots and scars in the skin.

Rheum into the Eyes, and al other cold Diseases of the Head and Brain, as the Giddiness or swimming therein, Drowfiness, or Dulness of the Mind and Senses, like a stupidity, the dumb Palsey, or loss of Speech, the Lethargy, and Falling-sickness, to be both drunk and the Temples bathed therewith. It helpeth the pains in the Gums and Teeth, by Rheum falling into them, or by putrification, causing an evil smel from them, or a stinking Breath. It helpeth a weak Memory, and quickneth the Senses. It is very comfortable to the Stomach in al the cold Grievs thereof, helping both retention of Meat, and digestion, the Decoction or Pouder being taken in Wine: It is a Remedy for the windiness in the Stomach or Bowels, and expelleth it powerfully, as also wind in the Spleen. It helpeth those that are Liver-grown, by opening the Obstructions thereof. It helpeth dim Eyes, and procureth a cleer sight, the Flowers thereof being taken al the while it is flowing, every morning fasting with bread and salt. Both *Dioscorides* and *Galen* say, That if a Decoction be made thereof with Water, and they that have the yellow Jaundice do exercise their Bodies presently after the taking thereof, it wil certainly cure it: The Flowers, and the Conserve made of them, is singular good to comfort the Heart, and to expel the contagion of the Pestilence; to burn the Herb in houses

and chambers, correcteth the air in them: Both the Flowers and the Leavs are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leavs shred smal and taken in a Pipe like as Tobacco is taken, helpeth those that have any Cough or Phthisick, or Consumption, by warming and drying the thin Distillations which cause those Diseases. The Leavs are much used in bathings, and made into Oyntments or Oyls, is singular good to help cold benumbed Joynts, Sinews, or Members. The Chymical Oyl drawn from the Leavs and Flowers, is a sovereign help for al Diseases aforesaid: to touch the Temples and Nostrils with two or three drops, for al the Diseases of the Head and Brains spoken of before; as also to take a drop, two, or three, as the cause requireth, for the inward Grievs, yet must it be done with Discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by Insolation, in this manner; Take what quantity you wil of the Flowers, and put them into a strong Glass close stopped, tie a fine linnen Cloth over the Mouth, and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl wil distil down into the lower Glass, to be preserved as precious for divers uses, both inward and outward

ward as a sovereign Balm to heal the Diseases before mentioned, to clear a dim sight, and to take away spots, marks, and scars in the skin.

Rubarb, or Rhapontick.

DO not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our English Simples? For though the name may speak it Forreign, yet it grows with us in England, and that frequent enough in our Gardens; and when you have thoroughly perused its Vertues, you will conclude it nothing inferior to that which is brought us out of China, and by that time this hath been as much used as that hath been, the name which the other hath gotten will be eclipsed by the fame of this: Take therefore a Description at large of it, as followeth.

Descrip.] At the first appearing out of the Ground, when the winter is past, it hath a great round brownish head, rising from the middle or sides of the Root, which openeth it self into sundry leaves one after another, very much crumpled or folded together at the first, and brownish; but afterward it spreadeth it self and becometh smooth, very large, and almost round, every one standing on a brownish stalk, of the thickness of a mans thumb, when they are grown to their fulness, and most of them two foot and more in length, especially when they grow in any moist or good ground: And the stalk of the leaf also from the bottom thereof to the leaf it self, being also two foot: the breadth thereof from edge to edge in the broadest place, being also two foot; of a sad or dark green color, of a fine tart, or sorowish taste, much more pleasant than the Garden or Wood-sorrel. From among these riseth up some, but not every year, a strong thick stalk, not growing so high as the Patience, or Garden Dock, with such round leaves as grow below, but smaller, at every joynt up to the top, and among the Flowers which are white spreading forth into many branches, and consisting of five or six smal white leaves apiece, hardly to be discerned from the white thrills in the middle, and seeming to be at thrills; after which come brownish three square Seed like unto other Docks, but larger, whereby it may be plainly known to be a Dock. The Root groweth in time to be very great, with divers and sundry great spreading branches from it, of a dark, brownish, or reddish colour on the out-side, with a pale yellow skin under it, which covereth the inner substance or Root, which rind and skin being pared away, the root appeareth of so fresh and lively a colour, with fresh color'd veins running through it, that the choicest of that Rubarb that is brought us from beyond the Seas cannot excel it: which Root if it be dried carefully and as it ought (which must be in our Country by the gentle heat of a fire, in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of, and commended by those who have oftentimes used them.

Plant.] It groweth in Gardens, and Flowreth about the beginning, or middle of June, and the Seed is ripe in July.

Time.] The Roots that are to be dried and kept al the year following,

are not to be taken up before the Stalks and Leavs be quite withered and gone, and that is not until the middle or end of *October*; and if they be taken a little before the Leavs do spring, or when they are sprung up, the Roots wil not have half so good a color in them.

I have given the Precedence unto this, because in Vertues also it hath the Preheminence: I come now to describe unto you that which is called *Patience*, or *Monks Rubarb*; and next unto that, the *Great round Leav'd Dock*, or *Bastard Rubarb*; for the one of these may happily supply in the absence of the other; being not much unlike in their Verrues, only one more powerful and efficacious than the other: And lastly, shal shew you the Vertues of al the three Sorts.

Garden Patience, or Monks Rubarb.

Descript.] **T**His is a Dock bearing the name of Rubarb, for some purging quality therein, and groweth up with large tall stalks, set with somewhat broad and long fair green Leavs, not dented at al; The tops of the stalks being divided into many smal Branches, bear reddish or purplish Flowers, and three square Seed like unto other Docks. The Root is long, green, and yellow like unto the wild Dock, but a little redder, and if it be a little dried sheweth less store of discolored veins, than the next doth when it is dry.

Great round leav'd Dock, or, Bastard Rubarb.

Descript.] **T**His hath divers large, round, thin, yellowish green Leavs, rising from the Root, a little waved about the edges, every one standing on a reasonable thick, and long brownish Footstalks; from among which, riseth up a pretty big stalk about two foot high, with some such like Leavs growing thereon, but smaller: At the top whereof stand in a long spike many smal brownish Flowers, which turn into hard three square shining brown Seed, like the Garden Patience before described. This Root groweth greater than that, with many branches of great fibres thereat, yellow on the our side, and somewhat pale yellow within, with some discolored Veins like to the Rubarb which is first described, but much less than it, especially when it is dry.

Place and Time.] These also grow in Gardens, and Flower and Seed at, or neer the same time that our true Rubarb doth, viz. They flower in *June*, and the Seed is ripe in *July*.

Government and Vertues.] *Mars* claims Predominancy over al these wholsom Herbs: you cry out upon him for an infortune, when God created him for your good (only he is angry with Fools) What dishonor is this, not to *Mars*, but to God himself? A dram of the dried Root of *Monks*

Rubarb, with a scruple of *Ginger* made into Powder and taken fasting in a draught or mess of warm Broth, purgeth *Purge* · *Choller* and *flegm*, stay *Choller* and *Flegm* downward very gently, and safely without danger: The Seed thereof contrarily doth bind the *Belly*,

dy flux, Scabs and ulcerous Sores, running Sores. Belly, and helpeth to stay any sort of Lask or Bloody flux. The distilled Water thereof is very profitably used to heal Scabs, as also. foul ulcerous Sores, and to allay the Inflammation of them: The Juyce of the Leavs or Roots, or the Decoction of them in Vinegar, is used as a most effectual Remedy to heal Scabs and running Sores.

The Bastard Rubarb hath al the properties of the Monks Rubarb, but more effectual for both inward and outward Diseases. The Decoction thereof with Vinegar dropped into the Ears, taketh away the pains; gargled in the Mouth taketh away the Tooth-ach, and being drunk healeth the Jaundice. The Seed thereof taken, easeth the gnawing and griping pains of the Stomach, and taketh away the loathing thereof unto meat. The Root therof helpeth the ruggedness of the Nails, and being boyled in Wine helpeth the swelling of the Throat, commonly called the Kings Evil, as also the swellings of the Kernels of the Ears: It helpeth them that are troubled with the Stone, provoketh Urine, and helpeth the dimness of the sight. The Roots of this Bastard Rubarb are used in opening and purging Diet Drinks with other things, to open the Liver, and to cleanse and cool the Blood.

The properties of that which is called the English Rubarb, are the same with the former, but much more effectual, and hath al the properties of the true Indian Rubarb, except the force in purging, wherein it is but of half the strength thereof, and therefore a double quantity must be used; it likewise hath not that bitterness and astringency: in other things it worketh almost in an equal quality, which are these; It purgeth the Body of Choller and Flegm, being either taken of it self, made into Pouder and drunk in a draught of white Wine, or steeped therein all night and taken fasting, or put among other Purges, as shal be thought convenient, cleansing the Stomach, Liver and Blood, opening Obstructions, and helping those griefs that come thereof; as the Jaundice, Dropisie, swelling of the Spleen, Tertian and Day Agues, and pricking pain of the sides, and also it stayeth spitting of Blood. The Pouder taken with Cassia dissolved, and a little washed Venice Turpentine, cleanseth the Reins and strengtheneth them afterwards, and is very effectual to stay the the running of the Reins or Gonorrhea. It is also given for the pains and swellings in the Head, for those that are troubled with Melancholly, and helpeth the Sciatica, the Gout, and the Cramp. The Pouder of Rubarb taken with a little Mummia and Madder Roots in some red Wine, dissolveth clotted blood in the Body, hapning by any fall or bruise, and healeth burstings and broken parts as

Choller and flegm, Obstructions, jaundice, Dropisie, spleen, Agues, Pains of the sides, and spitting of Blood, Running of the Reins, swelling in the Head, Sciatica, Gout, Cramp, Clotted Blood, ulcers in the Eyes, or Eye-lids, swellings and inflammations, black and blue spots, purge the Liver and Stomach.

well inward as outward : The Oyl likewise wherein it hath been boyled, worketh the like effects, being anointed. It is used to heal those Ulcers that happen in the Byes and Eye-lids, being steeped and strained; as also to assuage the swellings and inflammations; and applied with Honey, or boyled in Wine, it taketh away al black and blue spots or marks that happen therein. Whey, or white Wine are the best Liquors to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little Indian Spicknard as the best correcter thereof.

Meadow Rue.

Descript.] Meadow Rue riseth up with a yellow stringy Root, much spreading in the ground, and shooting forth new sprouts round about, with many Herby green Stalks two foot high, crested all the length of them, set with joynts here and there, and many large Leavs on them as well as below, being divided into smaller Leavs, nicked or dented in the fore part of them, of a sad greed color on the uper side, and pale green underneath : Toward the top of the Stalk there shooteth forth divers short branches, on every one thereof there stand two, three, or four smal round Heads or Buttons, which breaking the skin that intloseth them shew forth a tuft of pale greenish yellow threds, which falling away there comes in their places smal three corner'd Cods, wherein is contained smal, long, and round Seed. The whol Plant hath a strong unpleasant scent.

Place.] It groweth in many places of this Land, in the Borders of moist Meadows, and by Ditch sides.

Time,] It flowreth about July, or the beginning of August.

Government and Vertues.] Dioscorides saith, That this Herb bruised and applied, perfectly healeth old Sores: and the distilled Water of the Herb and Flowers doth the like. It is used by some among other Pot-herbs to open the Body and make it soluble; but the Roots washed clean, and boyled in Ale and drunk, provoketh to the stool more than the Leavs, but yet very gently. The Root boyled in Water, and the places of the Body most troubled with Vermine or Lice, washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the Plague, and in Saxony against the Jaundice, as Camerarius saith.

Garden Rue.

GArden Rue is so wel known, both by this name, and the name *Herb of Grace*, that I shal not need to write you any further Description of it: But shal only shew yon the Vertues of it as followeth:

Government and Vertues.] It is an Herb of the *Sun*, and under *Leo*. It provoketh Urin and Womens Courfes, being taken either in Meat or Drink. The Seed thereof taken in Wine, is an Antidote against al dangerous Medicines or deadly Poysons. The Leavs taken either by themselves, or with Figs and Walnuts is called

Poysons,
Plague,
Abate
Venery,
pains of
the Chest,
& sides,
Cough,
Hard
Breathibg,
Sciatica,
& Joynt
Aches,
Agues,
Wind
Chollick,
Mother,
worms,
Gout,
Dropfie,
Bleeding,
Swelling
of the cods
wheals &
pimples,
Morphew,
& warts,
Scab, tet-
ter, and
ringworm,
Pains of
the Ears,
Dim sight,
St. Antho-
nies fire,
Running
sores of
the Head,
ulcers of
the Nose,
Antidote,
pains of
the Chest,
Stomach,
Spleen,
Belly,

called *Methridates* his Counter poyson, against the Plague, and causeth al Venemous things to become harmles: Being often taken in meat or drink it abateth Venery, and destroyeth the ability to beget Children. A Decoction made thereof with some dried Dil Leavs and Flowers, easeth al pains and torments inwardly to be drunk, and outwardly to be applied warm to the place grieved. The same being drunk helpeth the pains both of the Chest and sides, as also Coughs, and hardnes of breerthing, the Inflammations of the Lungs, and the tormenting pains of the Sciatica, and the Joynts, being anointed or laid to the places, as also the shaking fits of Agues, to take a draught before the fit come: Being boyled or infused in Oyl it is good to help the wind Chollick, the hardnes or windiness of the Mother, and freeth women from the strangling or suffocation thereof, if the Share and the parts thereabouts be anointed therewith: It killeth and driveth forth the Worms of the Belly, if it be drunk after it is boyled in Wine to the half with a little Honey: It helpeth the Gout or pains in the Joynts of Hands, Feet, or Knees, applied thereunto: and with Figs it helpeth the Dropfie being bathed therewith: being bruised and put into the Nostrils it stayeth the bleeding thereof. It helpeth the swelling of the Cods if they be bathed with a Decoction of Rue and Bay Leavs. It taketh away wheals and pimples if being bruised with a few Mirtle Leavs, if it be made up with Wax and applied: It cureth the Morphew and taketh away al sorts of Warts, if boyled in Wine with some Pepper and Nitre, and the places rubbed therewith: and with Allum and Honey, helpeth the dry Scab or any Tetter or Ring-worm: The Juyce thereof warmed in a Pomegranate Shel or Rind, and dropped into the Ears helpeth the pains of them. The Juyce of it and Fennel with a little Honey, and the Gall of a Cock put thereto, helpeth the dimness of the Eyesight. An Oyntment made of the Juyce thereof with Oyl of Roses, Ceruss, and a little Vinegar, and anointed cureth St. Antonies fire, and al foul running Sores in the Head; and the stinking Ulcers of the Nose or other parts. The Antidote used by *Methridates* every morning fasting to secure himself from any Poyson or Infection was this, Take twenty Leavs of Rue, a little Salt, a couple of Walnuts, and a couple of Figs beaten together into a Mass with twenty Juniper Berries, which is the quantiry appointed for every day. Another Electuary is made thus, Take of Nitre, Pepper, and Cummin Seed, of each equal parts, of the Leavs of Rue clean picked as much in weight as al the other three weighed, beat them wel together, and put to as much Honey as wil make it up into an Electuary; (but you must first steep your Cummin Seed in Vinegar twenty four hours, and then dry it, or rather roast it in a hot Fire-

Obstructions. shovel, or in an Oven) and it is a Remedy for the pains or griefs of the Chest or Stomach of the Spleen, Belly or Sides, by Wind or Stitches; of the Liver by Obstructions, of the Reins and Bladder by the stopping of Urine, and helpeth also to extenuate fat corpulent Bodies.

What an infamy is cast upon the Ashes of *Methridates* (or *Methridates* as the *Augustanes* read his name) by unworthy people; they that deserve no good report themselves, love to give none to others, *Viz.* That renowned King of *Pontus* fortified his Body by Poyson against Poyson (He cast out Devils by *Belzebub the Prince of Devils*) what a Sot is he that knows not if he had accustomed his Body to cold Poysons, hot Poysons would have dispatch'd him, or the contrary if not, corrosions would have done it, the whol world is at this verytime beholding to him for his studies in Physick, & he that useth the quantity of but a Hazel Nut of that Receipt every morning to which his name is adjoyned, shall to admiration preserve his Body in health, if he do but consider that Rue is an Herb of the *Sun* and under *Leo*, and gather it and the rest accordingly.

Rupture wort.

Descript.] **T**His spreadeth very many thredy Branches round about upon the ground, about a span long, divided into many other smaller parts, full of smal Joints set very thick together, wherat come forth two very small Leavs of a french yellow green colour branches and all where groweth forth also a number of exceeding small yellowish Flowers, scarce to be discerned from the Stalks and Leavs, which turn into Seeds as small as the very dust: The Root is very long and small, thrusting down deep into the ground: This hath neither smell nor taste at first, but afterward hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withall.

Place.] It groweth in dry, sandy, and Rocky places.

Time.] It is fresh and green all the Summer.

Government and Vertues.] They say Saturn causeth Ruptures, if he do, he doth no more then he can cure, if you want wit he will teach you though to your cost, this Herb is Saturns own, and is a notable Antevenerian. Rupture wort hath not his name in vain, for it is found by experience to cure the Rupture, not onely in Children but also in Elder Persons, if the Disease be not too inveterate, by taking a dram of the Pouder of the dried Herb every day in Wine for certain dayes together; Or the Decoction made in Wine and drunk: Or the Juyce or distilled water of the green Herb taken in the same manner; and helpeth all other Fluxes either in men or Women; Vomitings also, and the Gonnorrhea or running of the Reins, being taken any of the waies aforesaid. It doth also most assuredly help those that have the Strangury, or have their Urine stopped, or are troubled with the Stone or Gravel in the Reins or Bladder. The same also helpeth much all Stitches

Wounds, Defluxions, Foul ulcers. Stitches in the side, all gripping pains in the Stomach or Belly the Obstructions of the Liver, and cureth the yellow Jaundice likewise: It killeth also the Worms in Children: being outwardly applyed it conglutinerh Wounds notably, and helpeth much to stay Defluxions of Rhewm from the Head to the Eyes, Nose, and Teeth, being bruised green and bound thereto; Or the Decoction of the dried Herb, to bath the Forehead and Temples, or the Nape of Neck behind: It also drieth up the moisture of Fistulous Ulcers, or any others that are foul and spreading.

Rushes.

ALthough there are many kindes of Rushes, yet I shall onely here insist upon those which are best known, and most Medicinal, as the Bulrushes, and other of the soft and smooth kinds; which grow so commonly in almost every place of this Land, and are so generally noted, that I suppose it needlesse to trouble you with any Description of them: Briefly then take the Vertues of them as followeth.

Government and Vertues. The Seeds of these soft Rushes, saith *Dioscorides* and *Galen*, roasted (saith *Pliny*) being drunk in Wine and Water, stayeth the Lask and Womens Courses, when they come down too abundantly: but it causeth Headach: It provoketh sleep likewise, but must be given with caution, lest the party that takes it wake not untill the Resurrection: *Pliny* saith, The Root boyled in water to the consumption of one third, helpeth the Cough.

Thus you see that Conveniences have their Inconveniencies, and Vertue is seldome unaccompanied with some Vices. What I have written concerning Rushes is to satisfie my Countrey-mens Question, *Are our Rushes good for nothing?* Yes, and as good let alone as taken; There are Remedies enough without them for any Disease, and therefore as the Proverb is I care not a Rush for them, or rather they wil do you as much good as if one had given you a Rush.

Rye.

THis is so well known in all the Countries of this Land, and especially to the Country People who feed much thereon, that if I should describe it, they would presently say, I might well have spared that Labour: Its Vertues follow.

Government and Vertues. Rye is more digesting then Wheat; The Bread and the Leaven thereof ripeneth and breaketh Impostumes, Boyls, and other Swellings: The Meal of Rye put between a double cloth, and moistened with a little Vinegar, and heated in a Pewter dish, set over a Chafingdish of coals; and bound fast to the head while it is hot, both much ease the continual pains of the Head. *Mathiolus* saith, That the Ashes of Rye straw put into Water, and suffered therein a day and a night, and the Chops of the Hands or Feet washed with, doth heal the m.

Saffron

Saffron.

THe Herb needs no Description it being known generally where it grows.

Place.] It grows frequently at *Walden in Essex*, and in *Cambridgeshire*.

Heart streng- and under the *Lion*, and therefore you need not demand
theneth Brain. a reason why it strengthens the Heart so exceedingly: Let
Consumption of not above ten grains be given at one time, for if the Sun
the Lungs, Pe- which is the fountain of Life, may dazle the eyes and make
silence, small them blind, a Cordial being taken in an immoderat quan-
Pox, Measles, tity may hurt the Heart instead of helping it. It quickneth
Yellow Jaun- the Brain, for the Sun is exalted in γ as well as he hath
dice. Flegm his House in Ω it help Consumption of the Lungs, help
purgeth. difficulty of Breathing: it is an excellent thing in Epime-
Government and Vertues.] It is an Herb of the Sun,

ical Diseases, as Pestilence smal Pox, and Measles: It is a notable expulsive Medicine, and a notable Remedy for the yellow Jaundice. My own Opinion is, (but I have no Author for it) that *Hermodactils* is nothing else but the Roots of Saffron dried, and my reason is, that the Roots of all *Crocus* both white and yellow purge Flegm as *Hermodactils* do, and if you please to dry the Roots of any *Crocus*, neither your eyes nor your tast shall distinguish it from *Hermodactils*.

Sage.

Our ordinary Garden Sage needeth no Description.

Time.] It flowreth in or about *July*.

Government and Vertue.] *Jupiter* claims this, and bid me tell you it is good for the *Liver*, and to breed good *Bloud*. A Decoction of the Leavs and Branches of Sage made and drunk, saith *Dioscorides* provoketh Urine, bringeth down Women's Courses, helpeth to expell the dead Chld, and causeth the hairs to become black; it stayeth the Bleeding of Wounds, and elenseth foul Ulcers or Sores; The said Decoction made in Wine taketh away the itching of the Cods if they be bathed therewith. *Agrippa* saith, That if Women that cannot conceive by reason of the moist slipperiness of their Wombs shall take a quantity of the Juyce of Sage with a little Salt for four dayes before they company with their Hasbands, it will help them not onely to Conceive, but also to retain the Birth without miscarrying. *Orpheus* saith, Three spoonfulls of the Juyce of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of Bloud for them that are in a Consumption, these Pills are much commended. Take of Spicknard of Ginger of each twodrams; of the Seed of Sage toasted at the fire, eight drams, of long Pepper twelve drams, all these being brought into

Lethargy, Dul-
 ness of Spirit,
 Palsey, De-
 fluxions of
 Rheum, Im-
 postume be-
 hind the Ears,
 Hoarseness and
 Cough, Bloody
 Flux, Biting of
 Serpents,
 Worms in the
 Ears, or Sores,
 Quicknen the
 senses, and help
 Memory, Sore
 Mouths and
 Throats, Can-
 kers, Palsey or
 Cramp, Stitch
 in the side.

into fine Powder, put thereto so much Juyce of Sage as may
 make them into a Mass for Pills, taking a dram of them
 every morning fasting, and so likewise at night, drinking
 a little pure Water after them. *Mathyolus* saith, it is very
 profitable for all manner of pains of the Head coming of
 cold and Rheumatick Humors, as also for all pains of the
 Joynts, whether inwardly or outwardly, and therefore
 helpeth the Falling sickness, the Lethargy, such as are dull
 and heavy of Spirit, the Palsey, and is of much use in all
 Defluxions of Rheum from the Head, and for the Diseases
 of the Chest or Breast. The Leavs of Sage and Nettles
 bruised together, and laid upon the Impostume that riseth
 behind the Ears, doth assuage it much: The Juyce of Sage
 taken in warm Water, helpeth a Hoarseness and the Cough.
 The Leavs sodden in Wine and laid upon the place affected
 with the Palsey helpeth much, if the Decoction be drunk
 also. Sage taken with Wormwood is good for the Bloody
 Flux. *Pliny* saith, it procureth Womens Courses, and stay-
 eth them coming down too fast, helpeth the stinging and
 biting of Serpents, and killeth the Worms that breed in
 the Ears and in Sores. Sage is of excellent use to help the

Memory, warming and quickning the senses; and the Con-
 serve made of the Flowers is used to the same purpose, and also for all the
 former recited Diseases. The Juyce of Sage drunk with Vinegar hath been
 of good use in the time of Plague at all times. Gargles likewise are made
 with Sage, Rosemary, Honey suckles, and Plantane boyled in Wine or
 Water, with some Honey or Allum put thereto, to wash sore Mouths
 and Throats, Cankers, or the secret parts of Man or Woman as need re-
 quireth. And with other hot and comfortable Herbs. Sage is boyled to bath
 the Body and Legs in the Summer time, especially to warm cold Joynts or
 Sinews troubled with the Palsey or Cramp, and to comfort or strengthen
 the parts. It is much commended against the Stitch or pains in the side com-
 ing of Wind, if the place be fomented warm with the Decoction therof in
 Wine, and the Herb also after the boyling be laid warm also thereunto.

Wood-Sage.

Descript.] **W**ood-Sage riseth up with square hoary Stalks two
 foot high at the least, with two Leavs set at every
 Joynt, somewhat like other Sage Leavs, but smaller, softer, whiter and
 rounder, and a little dented about the edges, and smelling somewhat stronger.
 At the tops of the Stalks and Branches stand the Flowers on a slender
 long Spike, turning themselves all one way when they blow, and are of a
 pale and whitish colour, smaller than Sage, but hooded and gaping like un-
 to them: The Seed is blackish and round, four usually set in a husk together:
 The Root is long and stringy, with divers Fibres thereat, and abideth ma-
 ny years.

Place.]

Place.] It groweth in Woods, and by Wood-sides, as also in diuer Fields and by-Lanes in this Land.

Time.] It Flowreth in June, July, and August.

Government and Vertues.] The Herb is under *Venus*.
Provokes Urine and Womens Courses, and sweat, Swellings in the flesh, French Pox, Vein broken, burstness Palsey, Ulcers & Sores, Green Wounds. The Decoction of Wood-Sage grovoketh Urine and Womens Courses: it also provoketh Sweat, digesteth Humors and discusseth Swellings, and Nodes in the flesh, and is therefore thought to be good against the French Pox. The Decoction of the green Herb made with Wine is a safe and sure Remedy for those who by falls, bruises or Blows, doubt some Vein to be inwardly broken, to disperse and avoid the congealed blood, and to consolidate the Vein; It is also good for such as are inwardly or outwardly bursten, the drink used inwardly and the Herb applyed outwardly: The same used in the same manner is found to be a sure Remedy for the Palsey: The Juyce of the Herb, or the Poudre thereof dried, is good for moist Ulcers and Sores in the Legs or other parts to dry them, and causethem to heal more speedily: It is no lesse effectual also in green Wounds to be used upon any occasion.

Solomons Seal.

Descript.] **T**He common Solomons Seal riseth up with a round Stalk about half a yard high, bowing or bending down to the top, set with single Leavs one above another, somewhat large and like the Leavs of the Lilly-Convalley, or May Lilly, with an eye of blewish upon the green, with some ribs therein, and more yellowish underneath. At the foot of every Leaf almost from the bottom up to the top of the Stalk come forth small long white and hollow pendulous Flowers, somewhat like the Flowers of May-Lilly, but ending in five long points, for the most part two together at the end of a long Footstalk, and sometimes but one, and sometimes also two Stalks with Flowers at the Foot of a leaf, which are without any scent at all, and stand all on one side of the Stalk: After they are past come in their places small round Berries, green at the first and blackish green, tending to blewness when they are ripe, wherein lye small white hard and stony Seed: The Root is of the thicknesse of ones finger or Thumb, white and knobbed in some places, with a flat round circle representing a Seal, wherof it took the name lying along under the upper crust of the earth, and not growing downward, but with many Fibres underneath.

Place.] It is frequent in diverse places of this Land, as namely in a Wood two miles from Canterbury, by Fish-Pool Hill: as also in a bushy Close belonging to the Personage of Alderbury near Clarindon, two miles from Salisbury, in Chesson Wood, on Chesson Hill, between Newington and Sittingburn in Kent, and in diverse other places, in Essex and other Counties.

Time.] It Flowreth about May: The Root abideth and shooteth anew every year.

Government and Vertues.] Saturn owns the Plant, for he loves his Bones wel. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to heal and close up the Lips of those that are green, and to dry up and restrain the Flux of Humors to those that are old: It is singular good to stay Vomitings and Bleedings wheresoever, as also al Fluxes in man or woman, whether the Whites or Reds in Women, or the running of the Reins in Men; also to knit any Joynt, which by weakness useth to be often out of place, or will not stay in long, when it is set: also to knit and joyn broken bones in any part of the Body, the Roots being bruised and applied to the place; yea, it hath been found by late experience, that the Decoction of the Root in Wine, or the bruised Root put in Wine or other drink, and after a nights infusion strained forth hard and drunk, hath holpen both Man and Beast whose Bones have been broken by any occasion, which is the most assured refuge of help to people of divers Countries of this Land, that they can have: It is no less effectual to help Ruptures and Burstings, the Decoction in Wine, or the Pouder in Broth or Drink being inwardly taken and outwardly applied to the place: The same is also available for inward or outward Bruises, Fals, or Blows, both to dispel the congealed Blood, and to take away both the pains and the black and blue Marks that abide after the hurt. The same also, or the distilled Water of the whol Plant used to the Face or other part of the Skin, denseth it from Morpew, Freckles, Spots, or Marks whatsoever, leaving the place fresh, fair, and Lovely, for which purpose it is much used by the Italian Dames.

Sampire.

Descript.] Rock Sampire groweth up with a tender green Stalk about half a yard or two foot high at the most, branching forth almost from the very bottom, and stored with sundry thick, and almost round, somewhat long Leavs, of a deep green color, sometimes three together, and sometimes more on a Stalk, and are sappy, and of a pleasant, hot, or spicy tast: At the tops of the Stalk and Branches, stand umbels of white Flowers, and after them come large Seed bigger than Fennel Seed, yet somewhat alike. The Root is great, white, and long, continuing many yeers, and is of an hot spicy tast likewise.

-Places.] It groweth on the Rocks that are often moistened at the least, if not overflown with the Sea water.

Time.] And it Flowreth and Seedeth in the end of July and August.

Government and Vertues.] It is an Herb of Jupiter, and was in former times wont to be used more than now it is, the more is the pity; it is wel known almost to every Body, That il digestion and obstructions are the causes of most of the diseases which the frail Nature of Man is subject to, both which might be remedied

Obstructions, provoked **urine** and **Expel gravel** and **the stone.** meddled by a more frequent use of this Herb. If people would have Sawce to their Meat, they may take some for profit as well as for pleasure. It is a safe Herb, very pleasant both to the taste and Stomach, helping digestion, and in some sort opening the Obstructions of the Liver and Spleen, provoking Urine, and helping thereby to wash away the Gravel and Stone ingendred in the Kidneys or Bladder.

Sanicle.

Descript.] Ordinary Sanicle sendeth forth many great round Leaves standing upon long brownish Stalks, every one somewhat deeply cut or divided into five or six parts, and some of those also cut in, somewhat like the Leaf of a Crow-foot or Doves-foot, and finely dented about the edges, smooth, and of a dark green shining color, and sometimes reddish about the Brims, from among which riseth up smal round green Stalks, without any joynt or Leaf thereon, saving at the top, where it brancheth forth into Flowers, having a Leaf divided into three or four parts at that joynt with the Flowers, which are smal and white, starting out of smal round greenish yellow heads, many standing together in a tuft; in which afterward are the Seeds contained, which are smal round rough Burs, somewhat like the Seeds of Cleavers, and stick in the same manner upon any thing that they touch: The Root is composed of many black strings of fibres set together, at a little long head, which abideth with the green Leaves all the winter and perissh not.

Place.] It is found in many shadowy Woods, and other places of this Land.

Time.] It Flowreth in June, and the Seed is ripe shortly after.

Government and Vertues.] This is one of Venus her Herbs to cure either Wounds, or what other mischief Mars inflicteth upon the Body of Man. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Impostumes, or Bleedings inwardly: It doth wonderfully help those that have any Tumors in any part of their Bodies, for it represseth and dissipateth the Humors, if the Decoction or Juyce thereof be taken, or the Pouder in drink, and the Juyce used outwardly; for there is not found any Herb that can give you such present help either to Man or Beast when the Disease falleth upon the Lungs or Throat, and to heal up all the purrid malignant Ulcers in the Mouth, Throat, and Privities, by gargling or washing with the Decoction of the Leaves and Root, made in Water, and a little Honey put thereto. It helpeth to stay Womens Courses, and all other Fluxes of Blood either by the Mouth, Urine, or Stool, and Lasks of the Belly, the Ulceration of the Kidneys also, and the pains in the Bowels, and the Gonorrhea or running of the Reins, being boyled in Wine or Water, and drunk: The same also is no less

Green Wounds,
ulcers, Impo-
stumes, inward
bleedings, swell-
ings, Ulcers in
the Mouth,
Throat, & pri-
ivities, Womens
Courses, Flux-
es of Blood,
Lasks, Ulcers
in the Kidneys,
Running of the
Reins, Rupture.

is powerful to help any Ruptures or Burstings, used both inwardly and outwardly; and briefly, it is effectual in binding, restraining, consolidating, heating, drying, and healing; as Comfry, Bugle, Self-heal, or any other of the Confound, or Vulnerary Herbs whatsoever.

Sarasens Confound, or Sarasens Wound-wort.

Descript.] **T**His groweth very high sometimes with brownish Stalks, and other whites with green and hollow to a mans height, having many long and narrow green Leaves snip'd about the edges, somewhat like those of the Peach-Tree, or Willow Leaves, but not of such a white green color: The tops of the Stalks are furnished with many pale yellow Starlike Flowers standing in green beads, which when they are fallen, and the Seed ripe, which is somewhat long, smal, and of a yellowish brown color wrapped in Down, is therewith carried away with the wind: The Root is composed of many strings or fibres, set together at a head, which perish not in winter, but abide, although the Stalks dry away, and no Leaf appeareth in winter. The tast hereof is strong and unpleasant, and so is the smel also.

Place.] It groweth in moist and wet Grounds by Wood sides, and sometimes in the moist places of the shady Groves, as also by the Water side.

Time.] It flowreth in July, and the Seed is soon ripe, and carried away with the wind.

Government and Vertues.] Saturn owns this Herb, and 'tis of a sober condition like him. Among the Germans, this Wound-Herb is preferred

before al others of the same quality. Being boyled in Wine and drunk, it helpeth the indisposition of the Liver, and freeth the Gal from Obstructions, whereby it is good for the yellow Jaundice, and for the Dropsie in the beginning of it, for al inward Ulcers of the Reins, or elsewhere, and inward Wounds and Bruises: And being steeped in Wine and then distilled, the Water thereof drunk is singular good to ease al gnawings in the Stomach, or other pains of the Body, as also the pains of the Mother: And being boyled in Water it helpeth continual Agues; and this said Water, or the simple Water of the Herb distilled, or the Juyce, or Decoction, are very effectual to heal any green Wound, or old Sore, or Ulcer whatsoever, cleansing them from corruption, and quickly healing them up: It is no less effectual for the Ulcers in the Mouth or Throat, be they never so foul or stinking, by washing and gargling them therewith; and likewise for such sores as happen in the privy parts of Man or Woman: Briefly, whatsoever hath been said of Bugle or Sanicle, may be found herein.

Sawce

Sawce alone, or Jack by the Hedge.

Descript.] **T**He lower Leavs of this are rounder than those that grow towards the tops of the stalks, and are set singly one at a joynt, being somewhat round and broad, and pointed at the ends, dented also about the edges, somewhat resembling Nettle-leavs for the form, but of a fresher green colour, and not rough or pricking: The Flowers are very smal and white, growing at the tops of the Stalks one above another, which being past, there follow smal and long round Pods, wherein are contained, smal round seed, somewhat blackish. The Root is stringy and thriddy, perishing every year after it hath given seed, and raiseth it self again of its own sowing. The Plant, or any part therof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

Place.] It groweth under Walls, and by Hedg-sides, and Pathwaies in Fields, in many places.

Time.] It Flowreth in *June, July, and August.*

Government and Vertues.] It is an Herb of *Mercury*. This is eaten by many Country people as Sawce to their Salt-fish, and helpeth wel to digest the Crudities and other corrupt Humors ingendered therby; it warmeth also the Stomach, and causeth digestion: The Juyceth of boyled with Honey, is accounted to be as good as hedg-Mustard for the Cough, to cut and expectorate the tough flegm. The Seed bruised and boyled in Wine, is a singular good Remedy for the Wind Chollick, or the Stone, being drunk warm: It is also given to Women troubled with the Mother, both to drink, and the Seed put into a Cloth and applied while it is warm is of singular good use. The Leavs also or Seed boyled, is good to be used in Clysters to ease the pains of the Stone. The green Leavs are held to be good to heal the Ulcers in the Legs.

Winter, and Summer Savory.

Both these are so wel known (being entertained as constant inhabitants in our Gardens) that they need no Description.

Government and Vertues.] *Mercury* claims the Dominion over this herb, neither is there a better Remedy against the Chollick and Illiack passions than this Herb; keep it dry by you al the year if you Love your selves, and your ease, as 'tis an hundred pound to a penny if you do not: keep it dry, make Conservs and Symples of it for your use; and withal, take notice that the Summer kind is the best. They are both of them hot and dry, especially the Summer kind, which is both sharp and quick in tast, expelling Wind in the Stomach and Bowels, and is a present help for the rising of the Mother procured by Wind, provoketh Urine and Womens Courses, and is much

*fight, Singing
in the Ears, &
deafness, Sciati-
ca, and Palsey,
stinging of Bees
&c.*

much commended for Women with Child to take inwardly, and to smel often unto. It cutteth tough Flegm in the Chest and Lungs, and helpeth to expectorate it the more easily: It quickneth the dul Spirits in the Lethargy, the Juyce therof being snuffed, or cast up into the Nostrils: The juyce dropped into the Eyes, cleereth a dul sight, if it proceed of thin cold Humors distilling from the Brain.

The juyce heated with a little Oyl of Roses, and dropped into the Ears, ease them of the Noise and Singing in them, and of Deafness also: Outwardly applied with white Flower in manner of a Pulvis, it giveth ease to the Sciatica, and Palsey'd Members, heating and warming them: and taketh away their pains. It also taketh away the pain that comes of Stinging by Bees, Wasps, &c.

Savin.

TO describe a Plant so wel known is needless, it being nursed up almost in every Garden, and abiding green al the Winter.

Government and Vertues.] It is under the Dominion of *Mars*, being hot and dry in the third degree, and being of exceeding

*Ulcers clenseth,
Fistulaes, Carbuncles, plague-sores, Kings Evil, Worms, scabs, Itch, running sores, Cankers, Tetters, Ringworms, Venerial sores.*

clean parts; is of a very digesting quality: If you dry the Herb into powder, and mix it with honey, it is an excellent Remedy to cleanse old filthy Ulcers, and Fistulaes; but it hinders them from healing. The same is excellent good to break Carbuncles and Plague-sores, also helpeth the Kings-Evil, being applied to the place: being spread upon a piece of Leather and applied to the Navel, kills the Worms in the Belly; helps Scabs and the Itch, running Sores, Cankers, Tetters, and Ringworms; and being applied to the place, may happily cure Venerial Sores. This

I thought good to speak of it, as it may safely be used outwardly; for inwardly it cannot be taken, without manifest danger.

The common white Saxifrage.

Descript.] **T**His hath a few smal reddish Kernels of Roots, covered with some skins lying among divers smal blackish fibres, which send forth divers round, faint, or yellowish green Leavs, and grayish underneath, lying above the ground unevenly dented about the edges, and somewhat hairy, every one upon a little footstalk, from whence riseth up a round brownish hairy green stalk, two or three foot high, with a few such like round Leavs as grow below, but smaller, and somewhat branched at the top, wheron stand pretty large white Flowers of five Leavs apiece, with some yellow thrids in the middle, standing in long crested brownish green husks: After the Flowers are past, there ariseth somtimes a round hard head by, forked at the top, wherin is contained smal blackish seed, but usually they fall away without any seed; and it is the Kernels or Grains of the Root which are usually called the White Saxifrage seed, and so used.

Plate.] It groweth in many places of our Land, as wel in the lower moist,

moist, as in the upper dry corners of Meadows, and grassy sandy places ; It used to grow near *Lamb's Conduit*, on the back-side of *Graves-Inn*.

Time.] It flowereth in *May*, and is then gathered as wel for that which is called the Seed, as to distil, for it quickly perisheth down to the ground when any hot weather comes.

Government and Vertues.] It is very effectual to cleanse the Reins and Bladder, and to dissolve the Stone ingendered in them, and to expel it and the Gravel by Urine, to provoke Urine also being stopped, and to help the Strangury : for which purposes the Decoction of the Herb or Roots in white Wine, or the Pouder of the smal kernelly Root, which is called the Seed, taken in white Wine, or in the same Decoction made with white Wine, is most usual. The Distilled Water of the whole Herb, Roots, and Flowers, is most familiar to be taken : It provoketh also Womens Courses, and freeth and cleanseth the Stomach and Lungs from thick and tough Flegm that troubles them. There is not many better Medicines to break the Stone, than this.

Burnet Saxifrage.

Descript.] **T**He greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged Leavs, set directly opposite one to another on both sides, each being somewhat broad, and a little pointed and dented about the edges, of a sad green colour. At the tops of the stalks stand umbels of white Flowers, after which comes smal and blackish Seed : The Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leavs than the former, and very smal, and set one against another, deeply jagged about the edges, and of the same colour as the former. The Umbels of Flowers are white, and the Seed very smal, and so is the Root, being also somewhat hot and quick in tast.

Place.] These grow in most Meadows of this Land, and are easie to be found, being wel sought for among the grass, wherin many times they lie hid scarcely to be discern'd.

Time.] They flower about *July*, and their seed is ripe in *August*.

Government and Vertues.] They are both of them Herbs of the *Moon*.

These Saxifrages are as hot as Pepper ; and *Tragus* saith by his experience, They are more wholsom : They have the same properties that the Parsleys have, but in provoking Urine, and easing the pains therof, or of the Wind and Chollick, are much more effectual : The Roots or Seed being used either in Pouder, or in Decoction, or any other way ; and likewise helpeth the windy pains of the Mother, and to procure their Courses, to break and avoid the stone in the Kidneys, to digest cold, viscuous, and tough Flegm in the Stomach, and is a most especial Remedy against all kind of Venom. Castoreum being boyled in the Distilled Water hereof, is singular good to be given to those that are troubled

Provoke urine,
Ease wind &
Chollick, Mother,
womens
Courses, Stone,
tough Flegm,
Venom, Cramps
& Convulsions
Wounds in the
Head, Freckles
and spots.

troubled with Cramps and Convulsions: some do use to make the seed into Comfits (as they do Caraway Seed) which is effectual to all the purposes aforesaid, The Juice of the Herb dropped into the most grievous Wounds of the Head, drieth up their moisture and healeth them quickly. Some Women use the distilled Water, to take away Freckles or Spots in the Skin or Face: and to drink the same sweetned with Sugar for all the purposes aforesaid.

Scabious, three sorts.

Descript.] The common Field Scabious groweth up with many hairy soft whitish green Leavs, some whereof are but very little; if at all jagged on the edges, others very much rent and torn on the sides, and have threds in them, which upon the breaking may be plainly seen: from among which rise up diverse hairy green Stalks three or four foot high, with such like hairy green Leavs on them, but more deeply and finely divided, branched forth a little: At the tops hereof which are naked and bare of Leavs for a good space, stand round Heads of Flowers, of a pale blewish colour, set together in a head, the outermost wherof are larger than the inward, with many threds also in the middle, somewhat flat at the top, as the Head with Seed is likewise: The Root is great, white, and thick, growing down deep in the ground, and abideth many years.

There is another sort of Field Scabious, different in nothing from the former, but onely it is smaller in all respects.

The Corn Scabious, differeth little from the first, but that it is greater in all respects, and the Flowers more declining to Purple: And the Root creepeth under the upper crust of the Earth, and runneth not deep in the ground as the first doth.

Place.] The first groweth most usually in Meadows, especially about London every where.

The second in some of the dry Fields about this Ciry, but not so plentiful as the former.

The third, in the standing Corn, or Fallow Fields, and the borders of such like Fields.

Time.] They Flower in June and July, and some abide Flowering until it be late in August, and the Seed is ripe in the mean time.

There are many other sorts of Scabious, but I take those which I have here described to be most familiar with us; The vertues both of these and the rest being much alike, take them as followeth.

Government and Vertues.] Mercury owns the Plant. Cough & shortness of Breath, of Breath, and all other Diseases of the Breast and Lungs; Cold Flegm, inward Ulcers, ripening and digesting cold Flegm, and other tough Humors, voiding them forth by Coughing and spitting: It and Impostumes ripeneth also all sorts of inward Ulcers & Impostumes, the Plurisie, Infection, Carbuncle made in Wine, & drunk for some time together: four ounces of the clarified Juice of Scabious taken in the morning fasting

pains or stiches
in the sides;
Scabs, Tetters,
Ringworms,
Itch, inward
wounds, Cold
swellings,
shrunken Sinews,
Freckles and
Pimples Mor-
phew & Lepro-
sie, Dandriff &
Scurf, Green
wounds, Old
sores & Ulcers
splinters, thorns
and broken
Bones, &c.

fasting, with a dram of Methridate, or Venice Treacle, freeth the Heart from any Infection of Pestilence, if after the taking of it, the party sweat two hours in their Beds; and this Medicine be again and again repeated if need require: The green Herb bruised and applyed to any Carbuncle or Plague sore, is found by certain experience to dissolve or break it in three hours space. The same Decoction also drunk, helpeth the pains and Stitches in the sides. The Decoction of the Roots taken for fourty dayes together, or a dram of the Pouder of them taken at a time in Whey, doth (as *Mathiolus* saith) wonderfully help those that are troubled with running or spreading Scabs, tetters, or Ringworms, yea though they proceed of the French Pox, which he saith he hath tryed by experience: The Juyce or Decoction drunk, helpeth also Scabs and breakings out in Itch and the like: The Juyce also made up into an Oyntment and used, is effectuell for the same purpose. The same also helpeth all inward Wounds by the drying, clensing and healing quality therein: A Syrup made of the Juyce and Sugar is very effectuell to all the purposes aforesaid, and so is the distilled water of the Herb and Flowers made in due season; especially to be used when the green Herb is not in force to be taken. The Decoction of the Herb and Roots outwardly applyed, doth wonderfully help all sorts of hard or cold Swellings in any part of the Body; and is as effectuell for any shrunken Sinew or Vein. The Juyce of Scabious made up with the Pouder of Borax and Camphire, clenseth the skin of the Face or other part of the Body, not only from Freckles and Pimples, but also from Morphew and Leprosie. The Head washed with the same Decoction, clenseth it from Dandriff, Scurf, Sores Itches, and the like, being used warm. Tents also dipped in the Juyce or Water thereof, not onely healeth all green Wounds, but old Sores and Ulcers also: The Herb also bruised and applied doth in short time loosen, and cause to be drawn forth any Splinter, broken bone, Arrow-head, or other such like thing lying in the Flesh.

Scurvy-grass.

Descript.]

OUR ordinary English Scurvy-grass hath many thick fat Leaves, more long than broad, and sometimes longer and narrower, sometimes also smooth on the edges, and sometimes a little waved sometimes plain, smooth, and pointed, sometimes a little hollow in the middle and round pointed, of a sad green, and sometimes blewish colour; every one standing by it self upon a long Footstalk, which is brownish or greenish also from among which rise small slender Stalks, bearing a few Leaves thereon like the other, but longer and lesser for the most part: At the tops whereof grow many whitish Flowers, with yellow threds in the middle, standing about a green Head which becometh the Seed Vessel, which will be somewhat flat when it is ripe, wherein is contained reddish Seed tasting somewhat hot:

The

The Root is made of many white strings, which stick deeply in the mud, wherein it chiefly delighteth: yet it will well abide in the more upland and dryer grounds, and tasteth a little brackish or Salt, even there, but not so much as where it hath the Salt water to feed upon.

Place.] It groweth all along the Thames side, both on the Essex and Kentish Shoars, from Woolwich round about the Sea Coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty: the other with round Leavs groweth in the Marshes in Holland in Lincolnshire, and other places of Lincolnshire by the Sea side.

Descript.] There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which hath diverse fresh green, and almost round Leavs rising from the Root, nothing so thick as the former, yet in some rich ground very large, even twice so big as in others, not dented about the edges, nor hollow in the middle, every one standing on a long Footstalk: from among these rise up diverse long slender weak Stalks, higher than the former, and with more white Flowers at the tops of them, which turn into smaller pods, and smaller brownish Seed than the former: The Root is white, smal, and threddy: The tast of this is nothing Salt at all, but hath an hot Aromatical spicy tast.

Time.] It Flowreth in April or May, and give their Seed ripe quickly after.

Government and Vertues.] It is an Herb of Jupiter. The English Scurvy-grasse is more used for the Salt taste it beareth, which doth somewhat open and clense, but the Dutch Scurvy-grasse is of better effect, and chiefly used (if it may be had) by those that have the Scurvey, especially to purge and clense the bloud, the Liver and the Spleen, for all which Diseases it is of singular good effect, by taking the juice in the Spring evry morning fasting in a cup of drink: The Decoction is good for the same purpose, and the Herb runned up in new Drink, either by it self or with other things, for it openeth Obstructions, evacuateth cold clammy and Flegmatick Humors both from the Liver and the Spleen, wasting and consuming both the swelling and hardnesse thereof, and thereby bringing to the body a more lively colour. The Juyce also helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith; and used outwardly, clenseth the Skin from Spots, marks, or Scars that happen therein.

Scurvy, Liver
and Spleen.

Flegmatick hu-
mors foul ul-
cere, and Sore
Mouths, Spots,
& Scars in the
Skin.

Self=heal.

It is also called Prunell, Carpenters Herb, Hook-heal, and Sicklewort.

Descript.] The common Self-heal is a small low creeping Herb, having many smal roundish pointed Leavs somewhat like the Leavs of wild Mints, of a dark green colour, without any dents on the edges, from among which rise divers square hairy Stalks scarce a foot high, which spread sometimes into Branches with diverse such small Leavs set thereon, up to the

tops, where stand brown spiked Heads, of many small brownish Leavs like scales and Flowers set together, almost like the Head of Cassidony, which Flowers are gaping, and of a blewish purple, or more pale blew, in some places sweet, but not so in others : The Root consists of many strings or fibres downward, and spreadeth strings also whereby it encreaseth : The small Stalks with the Leavs creeping upon the ground, shoot forth Fibres taking hold of the ground, whereby it is made a great tuft in short time.

Place.] It is found in Woods and Fields every where.

Time.] It Flowreth in May, and sometimes in April.

Government and Vertues.] Here is another Herb of Venus, Self-heal, whereby when you are hurt you may heal your self, 'tis indeed a special Herb for inward and outward wounds, take it inwardly in Syrups for inward Wounds, outwardly in Unguents and Plaisters for outward. As Self-heal is like Bugle in form, so also in the Qualities and Vertues serving for all the purposes wherto Bugle is applyed with good successe ei-

Inward Wounds and Ulcers, ther inwardly or outwardly, for inward Wounds or Ulcers whersoever within the Body, for Bruises and Falls, and such like hurts ; if it be accompanied with Bugle, Sanicle, and other the like Wound Herbs it wil be the more effectu-

Flux of Blood, al, and to wash or inject into Ulcers in the parts outward-
Foul Sores, ly where there is cause to repress the heat and sharpnesse of
Green wounds, Humors flowing to any fore Ulcer, Inflammation, Swelling
Headach, sores or the like, or to stay the Flux of blood in any Wound or
in the Mouth or Part, this is used with good successe, as also to cleanse the
Throat and se- foulness of sores, and cause them more speedily to be healed,
cret parts. It is an especiall Remedy for all green Wounds to sodder the lips of them, and to keep the place from any further Incon-

veniences : The Juyce hereof used with Oyl of Roses to anoint the Temples and Forehead, is very effectual to remove the Headach : and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat. and those also in the secret parts. And the Proverb of the Germans, French, and others is verified in this, *That he needeth neither Physitian nor Chyrurgion, that hath Self heal and Sanicle to help himself.*

The Service-tree.

IT is so well known in the places where it grows that it needeth no Description.

Time.] It Flowreth before the end of May, and the Fruit is ripe in October.

Government and Vertues.] Services when they are mellow are to be taken to stay Fluxes, Scowring, and Castings, yet less than Medlars : if they be dryed before they be mellow, and kept all the year, they may be used in Decoction for the said purpose, either to drink, or to bath the parts requiring it : and is profitably used in that manner to stay the bleeding of Wounds, and at the Mouth or Nose,

Nose, to be applied to the Fore-head, and Nape of the Neck: and is under the Dominion of Saturn.

Shepherds-Purse.

It is also called Whoremans-Parmacitty, Shepherds-Scrip, Shepherds-Pouch, Toy-wort, Pick-purse, and Case-weed.

Descript.] The Root is smal, white, and perisheth every yeer: The Leavs are smal and long, of a pale green color, and deeply cut on both sides: Amongst which springeth up a Stalk which is smal and round, containing smal Leavs upon it even to the top: The Flowers are white, and very smal: After which come the little cases which hold the Seed, which are flat, almost in the form of a Heart.

Place.] They are frequent in this Nation, almost by every Paths side.

Time.] They flower al the Summer long, nay, some of them are so fruitful, that they flower twice a year.

Government and Vertues.] It is under the Dominion of Saturn, and of a cold, dry, and binding Nature like to him. It stops al fluxes of Blood either caused by inward or outward Wounds; as also flux of the Belly and Bloody Flux, spitting and pissing of Blood, stops the Terms in Women being bound to the Wreists of the Hands, and the Soals of the Feet, it helps the yellow Jaundice: The Herb being made into a Pultis helps Inflammations, and St. Anthonies fire; the Juyce being dropped into the Ears, helps the pains, noises, and matterings thereof. A good Oyntment may be made of it for al Wounds, especially Wounds in the Head.

Smallage.

This also is very wel known, and therefore I shal not trouble the Reader with any Description thereof.

Place.] It groweth naturally in wet and Marsh Grounds, but if it be sown in Gardens, it there prospereth very wel.

Time.] It abideth green al the Winter, and Seedeth in August.

Government and Vertues.] It is an Herb of Mercury. Smallage is hotter, dryer, and much more Medicinable than Parsly, for it much more openeth obstructions of the Liver and Spleen, rarifieth thick Flegm, and clenseth it and the Blood withal. It provoketh Urine and Womens Courses, and is singular good against the yellow Jaundice: It is very effectual against Tertian and Quartan Agues, if the Juyce thereof be taken; but especially made into a Syrup. The Juyce also put to Honey of Roses, and Barley Water, is very good to gargle the Mouth and Throat of those that have Sores and Ulcers in them, and wil quickly heal them: The same Lotion al-
Liver & spleen so clenseth and bealeth al other foul Ulcers and Cankers
urine and wo- elsewhere
mens Courses,
yell. Jaundice,
Agues, Sore
Mouths and
Throats, Ulcers
and Cankers,
wind, Worms,

Stinking breath. elsewhere if they be washed therewith. The Seed is especially used to break and expel wind, to kil Worms, and to help a stinking breath. The Root is effectual to al the purposes aforesaid, and is held to be stronger in operation than the Herb, but especially to open Obstructions, and to rid away an Ague, if the Juyce thereof be taken in Wine, or the Decoction thereof in Wine be used.

Sope-wort, or Bruise-wort.

Descript.] **T**He Root creepeth under ground far and neer, with many joynts therein, of a brown color on the outside and yellowish within, shooting forth in divers places many weak round Stalks, full of joynts, set with two Leavs apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common field white Campion Leavs, seldom having any Branches from the sides of the Stalks, but set with divers Flowers at the top standing in long Husks like the wild Campions, made of five Leavs apiece, round at the ends, and a little dented in the middle, of a pale Rose color, almost white, sometimes deeper, and sometimes paler, of a reasonable good scent.

Place.] It groweth wild in many low and wet grounds of this Land, by the Brooks, and sides of running Waters.

Time.] It flowereth usually in July, and so continueth al August, and part of September before they be quite spent.

Government and Vertues.] Venus owns it. The Country people in divers places do use to bruise the Leavs of Sope-wort, and lay it to their Fingers, Hands, or Legs when they are cut, to heal them up again. Some make great boast thereof that it is Diuretical to provoke Urine, and thereby to expel Gravel and the Stone in the Reins or Kidneys: and do also account it singular good to avoid Hydropical Waters thereby to cure the Disease of the Drop sic; And they no less extol it to perform an absolute cure in the French Pox, more than either *Sarsaparilla*, *Gujacum*, or *China* can do, which how true it is, I leave to others to judg.

Sorrel.

Our ordinary Sorrel, which groweth in Gardens, and also wild in the Fields, is so wel known that it needeth no Description.

Government and Vertues.] It is under the Dominion of Venus. Sorrel is prevalent in al hot Diseases, to cool any Inflammation and heat of Blood in Agues Pestilential or Chollerick, or other sickness and fainting, rising from heat, and to refresh the overspent Spirits with the violence of furious or fiery fits of Agues, to quench thirst, and procure an Appetite in fainting or decayed Stomachs: for it resisteth the putrefaction of the Blood, killeth Worms, and is as a Cordial to the Heart, which the Seed doth more effectually being more

Courses, fluxes, Poyson, Jaundice, Inward Ulcers, Itch, Teteers and Ringworms, Kernels in the Throat, Sore Mouth, Impostume, Boyl or Plague-sore.

more drying and binding, and thereby stayeth the hot Fluxes of Womens Courses, or of Humors in the bloody flux, or flux of the Stomach. The Roots also in a Decoction, or in Pouder, is effectual for al the said purposes. Both Roots and Seed as well as the Herb is held powerful to resist the poyson of the Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expel Gravel and the Stone in the Reins or Kidneys. The Decoction of the Flowers made with Wine and drunk helpeth the black Jaundice, as also the inward Ulcers of the Body or Bowels. A Syrup made with the Juyce of Sorrel and Fumitory is a Sovereign help to kil those sharp humors that cause the Itch. The Juyce thereof with a little Vinegar serveth wel to be used outwardly for the same cause, and is also profitable for Tetteres, Ringworms, &c. It helpeth also to discuss the Kernels in the Throat, and the Juyce gargled in the Mouth, helpeth the Sores therein. The Leavs wrapped up in a Colewort Leaf, and roasted under the Embers, and applied to a hard Impostume, Botch, Boyl, or Plague-sore, both ripeneth and breaketh it. The Distilled Water of the Herb is of much good use for al the purposes aforesaid.

Wood Sorrel.

Descript.] **T**His groweth low upon the Ground, having a number of Leavs coming from the Root, made of three Leavs like a Trefoyl but broad at the ends and cut in the middle, of a faint yellowish green color, every one standing on a long Footstalk, which at their first coming up are close folded together to the Stalk, but opening themselves afterwards, and are of a fine sower rellish, and yeilding a Juyce which will turn red when it is clarified, and maketh a most dainty cleer Syrup: Among these Leavs riseth up divers slender weak Footstalks, with every one of them a Flower at the top, consisting of five smal pointed Leavs star fashion, of a white color in most places, and in some dash'd over with a smal shew of blush, on the back side only: After the Flowers are past, follow smal round heads, with smal yellowish Seed in them: The Roots are nothing but smal strings fastned to the end of a smal long piece, al of them being of a yellowish color.

Place.] It groweth in many places of our Land, in Woods and Wood sides, where they be moist and shadowed, and in other places, not too much open to the Sun.

Time.] It flowereth in April and May.

Government and Vertues.] Venus owns it. Wood-Sorrel serveth to al the purposes that the other Sorrels do, and is more effectual in hindring the putrefaction of Blood, & ulcers in the Mouth and Body, and in cooling & tempering heats & inflammations, to quench thirst, to strengthen a weak Stomach, to procure Appetite, to stay Vomiting, and very excellent in any

Pestilential Feavers, hot swellings, canker or Ulcer in the Mouth, wounds, or scabs, defluxions.

any contagious sickness, or Pestilential Feavers. The Syrup made of the Juyce is effectual in al the causes aforesaid, and so is the distilled Water of the Herb also. Spunges or Linnen Cloathes wet in the Juyce and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them: The same Juyce taken and gargled in the Mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker or Ulcer therein. It is singular good in Wounds, Thrusts, and Stabs in the Body, to stay bleeding, and to cleanse and heal the Wounds speedily; and helpeth to stay any hot defluxions into the Throat or Lungs.

Sow-Thistles.

Sow-Thistles are generally so wel known that they need no Description. *Place.]* They grow in our Gardens and manured Grounds, and sometimes by old Walls, the path sides of Fields and High-waies.

Government and Vertues.] This and the former are under the influence of *Venus*. Sow-thistles are cooling and somewhat binding, and are very fit to cool an hot Stomach, and to ease the gnawing pains thereof: The Herb boyled in Wine is very helpful to stay the dissolutions of the Stomach; and the Milk that is taken from the Stalks when they are broken, given in drink, is beneficial to those that are short winded, and have a wheeling withal: *Pliny* saith, That it hath caused the Gravel and Stone to be voided by Urin, and that the eating thereof helpeth a stinking breath: Three spoonfuls of the Juyce thereof taken in white Wine warmed, and some Oyl put thereto causeth Women in Travel to have so easie and speedy delivery, that they may be able to walk presently after: The said Juyce taken in warm drink, helpeth the strangury and pains in making water. The Decoction of the Leavs and Stalks, causeth abundance of Milk in Nurses, and their Children to be wel colored, and is good for those whose Milk doth curdle in their Breasts. The juyce boiled or thoroughly heated with a little Oyl of bitter Almonds in the Pill of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, singings, and al other Diseases in them. The Herb bruised, or the Juyce, is profitably applied to al hot Inflammations in the Eyes, or wheresoever else, and for Wheals, Blisters, or other the like eruptions of heat in the skin; as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of Humors in the secret Parts of Man or Woman: The distilled Water of the Herb, is not only effectual for al the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest Stomach wil not refuse) but outwardly, by applying Cloathes or Spunges wetted therein: It is wonderful good for Women to wash their Faces therewith, to cleer the Skin, and give a lustre thereto.

Southernwood.

Southernwood is so wel known to be an ordinary Inhabitant in our Gardens, that I shal not need to trouble you with any Description thereof. The Verrues are as followeth :

Time.] It flowereth for the most part in *July* and *August*.

Government and Vertues.] It is a gallant Mercurial Plant, worthy of more esteem than it hath. *Dioscorides* saith, That the Seed bruised, heated in warm Water and drunk, helpeth those that are Bur-

Bursten, cramps
& convulsions,
Sciatica, stranguy,
womens Courses, poyson, Agues, Inflamed Eyes, pimples, pushes and wheals, Worms, splinters & thorns, old ulcers, sores in the privities balneß, French pox, Stone, spleen and Mother.

sten, or troubled with Cramps, or Convulsions of the Sinews, the Sciatica, or difficulty in making water, and bringeth down Womens Courses. The same taken in Wine is an Antidote, or Counterpoyson against al deadly Poyson, and driveth away Serpents, and other Venemous Creatures ; as also the smel of the Herb being burnt, doth the same, The Oyl therof anointed on the Back-bone before the Firs of Agues come, taketh them away : It taketh away Inflammations in the Eyes, if it be put with some part of a roasted Quince, and boyled with a few crums of bread and applied. Boyled with Barley Meal it taketh away Pimples, Pushes, or Wheals, that rise in the Face or other part of the Body. The seed as wel as the dried Herb is often given to kil the Worms in Children : The Herb bruised and laid to, helpeth to draw forth splinters and thorns out of the flesh. The Ashes thereof dryeth up and healeth old Ulcers that are without Inflammation, although

by the sharpness thereof it biteth sore, and putteth them to sore pains : as also the sores in the privy Parts of Man or Woman. The Ashes mingled with old Sallet Oyl, helpeth those that have their Hair fallen, and are bald, causing the Hair to grow again either on the Head or Beard. *Durantes* saith, That the Oyl made of Southernwood and put among the Oyntments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled Water of the Herb is said to help them much that are troubled with the stone, as also for the diseases of the spleen and Mother. The Germans commend it for a singular Wound Herb, and therefore cal it *Stabwort*. It is held by al Writers, Ancient and Modern to be more offensive to the stomach than Wormwood.

Spignel.

Descript.] **T**He Roots of common Spignell do spread much and deep in the ground, many strings or branches growing from one Head which is hairy at the top, of a blackish brown colour on the outside and white within, smelling well, and of an Aromaticall taste, from whence rise sundry long stalks of most fine cut Leavs like hairs, smaller then Dill, set thick on both sides of the Stalks, and of a good scent. Among these Leavs rise

rise up round stiff stalks, with a few Joynts and Leavs at them, and at the tops an Umbel of fine pure white Flowers, at the edges whereof sometimes will be seen a shew of reddish bluish colour, especially before they be full blown and are succeeded by small somewhat round Seed, bigger than the ordinary Fennel, and of a browner colour, divided into two parts, and crested on the back, as most of the Umbelliferous Seeds are.

Place,] It groweth wild in Lancashire, Yorkshire, and other Northern Countries, and is also planted in Gardens.

Government and Vertues.] It is an Herb of Venus. Galen saith, The Roots of Spignel are available to provoke Urine and Womens Courses, but if too much thereof be taken it causeth Headach: The Roots boyled in Wine or Water and drunk, helpeth the Strangury, and stoppings of the Urine, the Winde, Swellings and pains in the Stomach, pains of the Mother, and all Joynt Aches. If the Pouders of the Roots be mixed with Honey, and the same taken as a licking Medicine, it breaketh tough flegm, and drieth up the Rheum that falleth on the Lungs. The Roots are accounted very effectuell against the stinging or biting of any Venemous Creature, and is one of the Ingredients in Methridate, and other Antidotes for the same.

Spleenwort, or Ceterach.

Descript.] **T**He smooth Spleenwort from a black, threddy and bushy Root sendeth forth many long single Leavs, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Polipody, each division being not alwayes set opposite unto the other, but between each smooth, and of a light green on the upper side, and a dark yellowish roughness on the back, folding or rolling it self inward at the first springing up.

Place.] It groweth as well upon Stone-walls as moist and shadowy places about Bristol and other the West parts plentifully; as also on Framingham Castle, on Beckonsfield Church in Barkshire, at Strowde in Kent and elsewhere, and abideth green all the Winter.

Government and Vertues.] Saturn owns it. It is generally used against infirmities of the Spleen, it helpeth the Strangury, and wasteth the Stone in the Bladder, and is good against the yellow Jaundice and the Hiccough; but the use of it in Women hindereth Conception. Mathiolus saith, That if a dram of the dust that is on the back side of the Leavs, be mixed with half a dram of Amber in Pouders, and taken with the Juyce of Purslane or Plantane, it will help the running of the Reins speedily, and that the Herb or Root being boyled and taken, helpeth all Melancholick Diseases, and those especially that arise from the French Disease. Camerarius saith, That the Distilled water thereof being drunk is very effectuell against the Stone in the Reins and

nd Bladder : and that the Ly that is made of the Ashes therof being drunk
for some time together, helpeth Splenetick persons : It is used in outward
remedies for the same purpose.

Star thistle.

Descript.] A Common Star-thistle hath diverse long and narrow Leavs
lying next the ground, cut or torn on the edges, somewhat
deeply, into many almost even parts, soft or a little wooley all over the green
among which rise up diverse weak stalks parted into many Branches all lying
or leaning down to the ground, that it seemeth a pretty Buis, set with di-
verse the like divided Leavs up to the tops, where severally do stand long and
small whitish green heads, set with sharp and long white prickles (no part of
the Plant being else prickly) which are somewhat yellowish: out of the middle
whereof riseth the Flower composed of many small reddish purple threds, and
in the Heads after the Flowers are past, come small whitish round Seed lying
down as others do. The Root is small, long, and woody, perishing every
year, and rising again of its own sowing.

Place.] It groweth wild in the fields about London in many places, as at
Mile-end-green in Finsbury Fields beyond the Wind-mills, and many other
places.

Time.] It Flowreth early, and Seedeth in July, and sometimes in
August.

Government and Vertues.] This, as almost all Thistles
Provoketh Urine, are under Mars. The Seed of this Star-Thistle made in-
stone, plague, fi- to Pouder and drunk in Wine, prbvoketh Urine, and
stula, french helpeth to break the Stone, and drive it forth. The Root
pox, Obstructi- in Pouder and given in Wine and drunk, is good against the
ons, Agues. Plague or Pestilence, and drunk in the mornings fasting
for some time together, is very profitable for a Fistula in
any part of the Body. Baptista Sardus doth much commend the distilled
Water hereof being drunk; to help the French Disease, to open Obstructi-
ons of the Liver, and cleanse the Bloud from corrupted Humors, and is pro-
fitably given against Quotidian or Tertian Agues.

Strawberries.

T Hese are so well known thorough this Land, that they need no De-
scription.

Time.] They Flower in May ordinarily, and the Fruit is ripe shortly
after.

Government and Vertues.] Venus owns the Herb. Straw-
berries when they are green, are cold and dry, but when
they are ripe they are cold and moist: The Berries are ex-
cellent good to cool the Liver, the Bloud and the Spleen,
Cool the Liver, Spleen & Sto- or an hot Cholerick stomach; to refresh and comfort the
mach, Quench fainting spirits, and to quench Thirst: They are good al-
Thirst, Infla- so for other Inflammations, yet it is not amisse to refrain
mations, Pro- from
voke Urine, stay

*the Bloody flux
and womens
Courses, panning
of the heart
Yellow Jaundice,
Ulcers
Sore Mouths or
ulcers in the
privities Loose-
teeth, Catarrhs
Defluxions,
Inflamed Eyes.
pushes and
Wheals, Red
Face, Deformities
in the skin,
films over the
Eyes.*

from them in a Feaver, lest by their putrefying in the stomach they encrease the Fits. The Leavs and Roots boiled in Wine and Water and drunk, do likewise cool the Liver and Blood, and assuage all Inflammations in the Reins and bladder, provoketh Urine, and allayeth the the heat and sharpness thereof: The same also being drunk stayeth the Bloody Flux, and Womens Courses, and helpeth the swellings of the Spleen. The Water of the Berries carefully distilled is a Soverrign Remedy and Cordiall in the panning and beating of the Heart, and is good for the yellow Jaundice. The Juyce dropped into foul Ulcers, or they washed therewith, or the Decoction of the Herb and Root doth wonderfully cleanse, and help to cure them. Lotions and Gargles for sore Mouths, or Ulcers therein, or in the privy Parts, or elsewhere, are made with the Leavs and Roots thereof; which is also good to fasten loose Teeth, and to heal spungy foul Gums: It helpeth also to stay Catarrhs or Defluxions of Rheum into the Mouth, Throat, Teeth, or Eyes; The Juyce or Water is singular good

for hot and red Inflamed Eyes, if dropped into them, or they bathed therewith; it is also of excellent property for all Pushes, Wheals, and other breakings forth of hot and sharp humors in the Face and Hands, or other parts of the Body, to bath them therewith; and to take away any redness in the face or Spots, or other deformities in the skin, and to make it cleer and smooth. Some use this Medicine; Take so many Strawberries as you shall think fitting, and put them into a Distillatory or Body of Glasse fit for them, which being wel closed, set it in a bed of Horse-dung for twelve or fourteen daies, and afterwards distil it carefully and keep it for your use: It is an excellent Water for hot inflamed Eyes, and to take away any film or skin that beginneth to grow over them, and for such other defects in them as may be helped by any outward Medicine.

Succory.

Descript.] **T**He Garden Succory hath longer and narrower Leavs than Endive, and more cut in or torn on the edges, and the Root abideth many years: It beareth also blew Flowers like Endive, and the Seed is hardly distinguished from the Seed of the smooth or ordinary Endive.

The wild Succory hath diverse long Leavs lying on the ground very much cut in or torn on the edges, on both sides even to the middle rib ending in a point; sometimes it hath a red Rib down the middle of the Leavs, from among which riseth up a hard, round, woody stalk spreading into many Branches, set with smaller and lesser divided Leavs on them up to the tops where stand the Flowres, which are like the Garden kind as the Seed is also (only take notice that the Flowers of the Garden kind are gone in on Sunday, they being so cold that they are not able to endure the Beams of the Sun, and therefore most delight in the shadow.) The Root is white, but more hard

hard and woody than the Garden kind: The whole Plant is exceeding bitter.

Place.] This groweth in many places of our Land, in wast, untilled, and barren Fields. The other, only in Gardens.

Gevernment and Vertues.] It is an Herb of *Jupiter*. Garden Succory as it is more dry, and less cold than Endive, so it openeth more. An handful of the Leavs or Roots boyled in wine or water, and a draught therof drunk fasting, driverth forth Chollerick and Flegmatick Humors, openeth Obstructions of the Liver, Gall, and Spleen; helpeth the yellow Jaundice, the heat of the Reins, and of the Urine; the Dropsie also, and those that have an evil disposition in their Bodies by reason of long sickness, evil Diet, &c. which the Creeks call *Καχξία*, *Cachexia*. A Decoction therof made with wine and drunk, is very effectual against long lingering Agues; and a dram of the Seed in Pouder drunk in wine before the Fit of an Ague, helpeth to drive it away: The Distilled water of the Herb and Flowers (if you can take them in time) hath the properties, and is especial good for hot stomachs, and in Agues, either pestilential, or of long continuance, for swoonings, and passions of the Heart, for the heat and Headach in Children, and to the Bloud and Liver. The said water or the juyce, or the bruised Leavs applied outwardly, allayeth swellings, inflammations, St. Anthonies Fire, Pushe, Wheals, and Pimples, especially used with a little Vinegar, as also to wash pestiferous sores. The said Water is very effectual for sore Eyes that are inflamed with redness, and for Nurses Breasts that are pained by the abundance of Milk.

The wild Succory as it is more bitter, so it is more strengthening to the Stomach and Liver.

Stone-Crop, Prick-Madam, or, Smal House-Leek.

Descript.] It groweth with divers trailing branches upon the ground, set with many thick, fat, roundish, whitish, green Leavs, pointed at the ends; the Flowers stand many of them together, somewhat loosely: the Roots are smal, and run creeping under-ground.

Blace.] It groweth upon the Stone-wals and Mud-wals, upon the Tiles of Houles, and Penthouses, and amongst Rubbish, and in other Gravelly places.

Time.] It Flowreth in *June* and *July*, and the Leavs are green al the winter.

Goverment and Vertues.] It is under the Dominion of the *Moon*, cold in quality, and something binding, and therefore very good to Bind, stay de- stay Defluxions, especially such as fall upon the Eyes; it fluxions, bleed- stops Bleeding both inward and outward, helps Cankers and

ding stops, Cankers, sores, ulcers, Choller, Chollerick Humors, Poyson, pestilent feavers, tertian agues, Kings-Evil, Knots and
 and al fretting sores and Ulcers; it abates the heat of Choller, thereby preventing Diseases thence arising from Chollerick Humors: It expels Poyson much, resisteth pestilential Feavers, being exceeding good also for tertian Agues, you may drink the Decoction of it if you please for al the foregoing infirmities: It is so harmles an Herb, you can scarce use it a miss, being bruised and applied to the place it helps the Kings Evil, and any other Knots, or Kernels, in the flesh; as also the Piles.
 Kernels in the flesh, Piles.

English Tobacco.

Descript.] **T**his riseth up with a thick round stalk, about two foot high, wheron do grow thick fat green Leavs, nothing so large as the other Indian kinds, somewhat round pointed also, and nothing dented about the edges: The stalk brancheth forth, and beareth at the tops divers Flowers set in green Husks, like the other, but nothing so large; scarce standing above the brims of the Husks, round pointed also, and of a greenish yellow colour. The Seed that followeth is not so bright, but larger, contained in the like great beads. The Roots are neither so great, nor woody, and perishing every year with the hard frosts in winter, but riseth generally of its own sowing.

'Place.] This came from some parts of *Brafile*, as is thought, and is more famelier in our Country than any of the other sorts; early giving ripe seed, which the other seldom do.

Time.] It Flowreth from *June* somtimes to the end of *August*, or later, and the Seed ripeneth in the mean time.

Government and Vertues.] It is a *Martial* Plant. It is found by good experience to be available to expectorate tough *Flegm* from the Stomach, Chest, and Lungs. The Juyce thereof made into a Syrup, or the distilled Water of the herb drunk with some Sugar, or without if you will: Or the smoke taken by a Pipe as is usual, but fasting. The same helpeth to expel Worms in the Stomach and Belly, and to ease the pains in the Head, or Meagrim, and the griping pains in the Bowels: It is profitable for those that are troubled with the Stone in the Kidneys, both to ease pains, and by provoking Urine, to expel Gravel and the Stone ingendered therein, and hath been found very effectual to expel windiness and other Humors which cause the strangling of the Mother. The Seed herof is very effectual to help the toothach, and the Ashes of the burnt Herb, to cleanse the Gums, and make the Teeth white. The Herb bruised and applied to the place grieved with the Kings-Evil (as they call it) helpeth it in nine or ten dayes effectually. *Monardus* saith it is a Counter-Poyson for the biting of any Venemous Creature;

Tough Flegm,
 Worms, Meagrim, pains in the Bowels, gravel, & stone
 Wind, Mother, toothach, Kings Evil, venemous Creature, Ague, cramps, & aches
 Sciatica, Itch, Scabs, & ulcers, cankers & foul sores, lice, fresh wound, old sores, Impostus & hard swell-

Creature; the Herb also being outwardly applied to the hurt place. The Distilled Water is often given with some Sugar before the Fit of an Ague to lessen them, and take them away in three or four times using. If the distilled Fecies of the Herb having been bruised before the Distillation, and not Distilled dry, be set in warm dung for fourteen dayes, and afterwards hung up in a Bag in a Wine Celler; that liquor that Distilleth there-from, is singular good to use for Cramps, Aches, the Gout, and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers, and foul Sores whatsoever. The Juyce is also good for al the said griefs, and likewise to kil Lice in Childrens heads. The green Herb bruised and applied to any green Wound, cureth any fresh Wound or Cut whersoever: and the Juyce put into old Sores, both clenseth and healeth them. There is also made hereof a singular good Salve to help Impostumes, hard Tumors, and other swellings by Blows or Fals.

The Tamarisk-Tree.

IT is so wel known in the places where it grows, that it needeth no Description.

Time.] It Flowreth about the end of *May* or in *June*, and the Seed is ripe and blown away in the beginning of *September*.

Government and Vertues.] A gallant *Saturnine* Herb it is. If the Root, Leavs, or yong Branches be boyled in Wine or Vinegar and drunk, and applied outwardly, it is very powerful against the hardness of the Spleen. The Leavs boyled in Wine and drunk, is good to stay the bleeding of the Hemorrhoidal Veins, the spitting of Bloud, and Womens too abound- ing Courfes, and helpeth the Jaundice, the Chollick, and the bitings of al Venemous Serpents, except the Asp. The Bark is as effectual if not more so al the purposes aforesaid; and both it and the Leavs boyled in Wine, and the mouth and the teeth washed therewith, helpeth the Toothach; being dropped into the Ears, easeeth the pains; and is good for the redness and watering of the Eyes. The said Decoction with some Honey put therto, is good to stay Gangrenes and fretting Ulcers, and to wash those that are subject to Nits and Lice. The Wood is very effectual to consume the Spleen, and therefore to drink out of Cups and Cans made therof, is good for Splenetick persons. The Ashes of the Wood are used for al the purposes aforesaid, and besides, doth quickly help the Blisters raised by burnings or scaldings, by fire or water. *Alpinus* and *Veslingius* do affirm, That the Egyptians do with as good success use the Wood hereof to cure the French Discale, as others do *Lignum Vitæ*, or *Guajacum*; and give it also to such as are possessed with Leprosie, Scabs, Pusches, Ulcers, or the like; and is available also to help the Dropsie, arising from the hardness and Obstruction of the Spleen, as also for Melancholly, and the black Jaundice that ariseth therof.

Garden Tansie.

Garden Tansie is so wel known, that it needeth no Description.
Time.] It Flowreth in June and July.

Government and Vertues.] Dime Venus was minded to pleasure Women with Child by this Herb; for there grows not an Herb fitter, for their uses than this is; it is just as though it were cut out for the purpose: The Herb bruised and applied to the Navel stayes miscarriages, I know no herb like it for that use; boyled in ordinary Beer, and the Decoction drunk, doth the like; and if her Womb be not as she would have, this Decoction wil make it as she would have it, or at least, as she should have it: Let those Women that desire Children love this Herb, 'tis their best Companion, their Husband excepted. Also, it consumes the Flegmatick Humors, the cold and moist constitution of Winter most usually infects the Body of man with, and that was the first Reason of eating Tansies in the Spring; At last the world being over-run with Popery, a Monster called Superstition perks up his head, and as a just judgment of God, obscures the bright beams of Knowledge by his dismal looks (Physitians seeing the Pope and his Imps selvis, they began to do so too) and now forsooth Tansies must be eaten only on Palm and Easter Sundayes, and their neighbor dayes: At last Superstition being too hot to hold, and the selfishness of Physitians walking in the clouds; after the Fryars and Monks had made the people ignorant, the Superstition of the time was found out, but the Vertue of the Herb hidden; and now 'tis almost, if not altogether, left off: Surely our Physitians are beholding to none so much as they are to Monks and Fryars, for want of eating this Herb in spring, maketh people sickly in summer, and that makes work for the Physician. If it be against any Man or VVemens Conscience to eat a Tansie in the spring, I am as unwilling to burden their Consciences as I am that they should burden mine: They may boyl it in VVine and drink the Decoction, it wil work the same effect. The Decoction of the Common Tansie, or the Juyce drunk in wine, is a singular Remedy for al the griefs that come by stopping of the Strangury, Urine, helpeth the Strangury, and those that have weak Reins, and Kidneys. It is also very profitable to dissolve and expel wind in the stomach, Belly, or Bowels, to procure womens Courses, and expel windiness in the Matrix. If it be bruised, and often smelled unto, as also applied to the lower part of the Belly, it is very profitable for such women as are given to miscarry in Child-bearing, to cause them to go out their full time: It is used also against the stone in the Reins, especially to Men. The Herb fried with Eggs (as is accustomed in the spring time) which is called a Tansie, helpeth to digest, and carry downward those bad Humors that trouble the stomach: The seed is very profitably given to Children for the worms, and the Juyce in Drink is as effectual. Being boyled in Oyl, it is good for the sinews shrunk by Cramps, or pained with cold, if thereto applied.

WILD

Wild Tanſie, or Silver-weed.

THis also is ſo wel known that it needeth no Deſcription.

Place.] It groweth almoſt in every place.

Time.] It Flowreth in June and July.

Government and Vertues.] Now Dame Venus hath ſitted Women with two Herbs of one name, one to help Conception, the other to maintain Beauty: and what more can be expected of her? What now remains for you but to love your Huſbands, and not to be wanting to your poor Neighbors? Wild Tanſie ſtayeth the Lask, and al the Fluxes of *Flux, Terms,* Blood in men or women, which ſome ſay it wil do if the *ſtops vomiting* green Herb be worn in the ſhoos, ſo it be next the ſkin; *of blood, whites* and 'tis true enough that 'twil ſtop the Terms if worn ſo, *Ruptures, belly-* and the Whites too for ought I know. It ſtayeth alſo ſpitting, or vomiting of blood. The Pouder of the dried herb taken in ſome of the diſtilled water, helpeth the Whites in women, but more eſpecially if a little Coral and Ivory in Pouder be put to it: It is alſo much commended to help Children that are burſten, and have a Rupture, being boyled in water and ſalt. Being boyled in wine and drunk, it eaſeth the griping pains of the Bowels, and is good for the Sciatica and Joynt Aches. The ſame boyled in Vineger with Honey and Allum, and gargled in the mouth, eaſeth the pains of the Toothach, taſteneth looſe teeth, helpeth the Gums that are ſore, and ſetleth the pallat of the mouth in its place when it is fallen down: It clenſeth and healeth the Ulcers in the Mouth or ſecret Parts, and is very good for inward wounds, and to cloſe the lips of green wounds: as alſo to heal old, moiſt, corrupt running ſores in the Legs, or elſe where; Being bruised and applied to the ſoles of the feet, and the hand-wreſts, it wonderfully cooleth the hot ſits of Agues, be they never ſo violent. The Diſtilled water clenſeth the ſkin of al diſcolourings therein, as Morpew, Sun-burning, &c. as alſo Pimples, Freckles, and the like; and dropped into the Eyes, or cloaths wet therin and applied, taketh away the heat, and inflammations in them.

Thiſtles.

OF theſe are many kinds growing here in England, which are ſo wel known, that they need no Deſcription: Their difference is eaſily known by the places where they grow: viz.

Place.] Some grow in Fields, ſome in Meadows, and ſome among the Corn: others, on Heaths, Greens, and waſt Grounds in many places.

Time.] They al Flower in July and Auguſt, and their Seed is ripe quickly after.

Government and Vertues.] Sure Mars rules it, it is ſuch a prickly buſineſs. Al theſe Thiſtles are good to provoke Urine, and to amend the ſtinking ſmel thereof; as alſo the rank ſmel of the *Uſury,* *ell ſmel,*

**Sinking
Breath,
Stomach.**

Armpits, or of the whole Body, being boyled in Wine and drunk; and are said also to help a Sinking Breath, and to strengthen the Stomach. *Pliny* saith, That the Juyce bathed on the place that wanteth Hair, it being fallen off, wil cause it to grow again speedily.

The Melancholly Thistle.

Descript. **I**t riseth up with a tender single hoary green stalk, bearing thereon four or five long hoary green Leaves, dented about the edges, the points whereof are little or nothing prickly, and at the top usually but one head; yet sometimes from the bosom of the uppermost Leaf there shooteth forth another smaller head, scaly and somewhat prickly, with many red-dish Purple Thrids, or Thrids in the middle, which being gathered fresh, wil keep the colour a long time, and fadeth not from the stalk in a long time, while it perfecteth the seed, which is of a mean bigness lying in the Down: The Root hath many long stringy fastned to the head, or upper part, which is blackish and perish not.

There is another sort little differing from the former, but that the Leaves are more green above, and more hoary underneath; and the stalk being about two foot high, beareth but one large scaly head, with thrids and seeds as the former.

Place.] They grow in many moist Meadows of this Land, as wel in these Southern, as in the Northern parts.

Time.] They Flower about July or August, and their Seed ripeneth quickly after.

Government and Vertues.] 'Tis under Capricorn, and therefore under both Saturn and Mars, one side Melancholly by Sympathy, the other by Antipathy. Their Vertues are but few, but those not to be despised; for the Decoction of the Thistle in Wine being drunk, expels superfluous Melancholly out of the Body, and make a man as merry as a Cricket, superfluous Melancholly causeth care, fear, sadness, despair, envy, and many evils more besides; but Religion teacheth to wait upon Gods Providence, and cast our care upon Him, who careth for us: What a fine thing were it if Men and Women could live so, and yet seven years care, and fear, makes a man never the wiser, nor a farthing the richer. *Dioscorides* saith, The Root born about one doth the like, and removes al Diseases of Melancholly. Modern Writers laugh at him, let them laugh that wins; my Opinion is, That 'tis the best Remedy against al Melancholly Diseases that grows: They that please, may use it.

Our Ladies Thistle.

Descript.] **O**ur Ladies Thistle hath divers very larg and broad Leaves, lying on the ground, cut in, and as it were crumpled, but somewhat hairy on the edges, of a white green shining colour, wherein are many lines and strakes of a milky white colour, running al over, and set with many

many sharp and stiff prickles at about: among which riseth up one or more strong, round, and prickly stalks, set full of the like. Leava up to the top, where at the end of every branch, cometh forth a great prickly Thistle-like head, strongly armed with prickles, and with bright purple thrams rising out of the middle of them; after they are past, the seed groweth in the said heads, lying in a great deal of soft white Down, which is somewhat flatish and shining, large and brown. The Root is great, spreading in the ground, with many strings, and smal fibres fastned thereto. All the whol Plant is bitter in tast.

Place.] It is frequent on the Bank of almost every Ditch.

Time.] It Flowreth and Seedeth in June, July, and August.

Government and Vertues.] Our Ladies Thistle is under Jupiter, and thought to be as effectual as Cardus Benedictus for Agues, and to prevent and cure infection of the Plague, as also to open Obstructions of the Liver and Spleen, and therby is good against the Jaundice; It provoketh Urine, breaketh and expelleth the Stone, and is good for the Dropisie: It is effectual also for the pains in the Sides, and many other inward pains and gripings? The Seed and distilled Water are held powerful to al the purposes aforesaid: and besides, it is often applied both inwardly to drink, and outwardly with cloaths or sponges to the Region of the Liver to cool the distemperature therof, and to the Region of the Heart, against swoonings and passions of it. It clen- seth the Bloud exceedingly, and in spring if you please to boyl the tender Plant, (but cut off the prickles, unless you have a mind to choak your self) it wil change your Bloud as the season changes, and that's the way to be safe, as to change as the times change, is the way to live secure; and that flatter- ers and weather-cocks know wel enough.

The Woolley, or Cotton Thistle.

Descript.] **T**His hath many large Leavs lying on the ground, somewhat cut in; and as it were crumpled on the edges, of a green colour on the upper side, but covered over with a long hairy wood, or Cottony Down, set with most sharp and cruel prickles; from the middle of whose heads of Flowers come forth many purplish crimson thrids, and sometimes white, although but seldom: The Seed that followeth in these white downy heads is somewhat large, long, and round, resembling the seed of Ladies-Thistle, but paler: The Root is great, and thick, spreading much, yet usually dieth after seed-time.

Place.] It groweth on divers Ditch Banks, and in the Cornfields, and High-ways, generally throughout the Land; and is often found growing in Gardens.

Time.] It Flowreth and beareth seed about the end of Summer, when other Thistles do Flower and Seed.

Government and Vertues.] It is a Plant of Mars. Dioscorides and Pliny write, That the Leavs and Roots hereof taken in drink, helpeth those that

have

Crick in the Neck, have a Crick in their Neck, that they cannot turn it unless they turn their whol Body. *Galen* saith, That the Root and Leav *Spasm,* thereof are good for such persons that have their Bodies drawn *convulsion* together by some Spasm or Convulsion, or other infirmities, as *Rickets.* the Rickets, (or as the Colledge of Physicians would have it, the *Rachites,* about which name they have quarrel'd sufficiently) in Children; being a disease that hindreth their growth, by binding their Nerves, Ligaments, and whol structure of their Body.

The Fullers Thistle, or Teasel.

IT is so well known that it needeth no Description, being used with the Cloath-workers.

The wild Teasel is in all things like the former, but that the prickles are smal, soft, and upright, not hooked or stiff; and the Flowers of this are of fine bluish or pale Carnation color, but of the manured kind whitish.

Place.] The first groweth being sown in Gardens or Fields for the use of Cloath-workers: The other neer Ditches and Cils of Water in many places of this Land.

Time.] They flower in July, and are ripe in the end of August.

Government and Vertues.] It is an Herb of *Venus.* *Dioscorides* saith, That the Root bruised and boyled in Wine until it be thick, and kept in a brazen Vessel or Pot, and after spread as a Salve and applied to the Fundament, doth heal the clefts thereof, as also Clefts, Cankers, so Cankers and Fistulaes therein, as also taketh away Warts, *fistulaes, warts,* and Wens: The Juyce of the Leavs dropped into the Ears, *wens, Worms* killeth Worms in them. The distilled Water of the Leavs *in the Ears,* dropped into the Eyes, taketh away redness and mists in *Sight, Redness* them that hinder the sight; and is often used by Women to *in the Face,* preserve their beauty, and to take away redness and Inflammations, *Inflammations.* and al other heat or discolorings.

Treacle Mustard.

Descript.] **I**T riseth up with a hard round Stalk about a foot high, parted into some Branches, having divers soft green Leavs somewhat long and narrow set thereon, waved, but not cut in on the edges, broadest towards the ends, and somewhat round pointed: The flowers are white that grow at the tops of the Branches, Spike fashion one above another; after which come large round pouches, parted in the middle with a furrow, having one blackish brown seed on either side, somewhat sharp in tast, and smelling of Garlick, especially in the Fields where it is natural, but not so much in Gardens: The Roots are smal and thriddy, perishing every year.

Give me leave here to ad Methridate Mustard, although it may seem more properly by the name to belong to the Alphabet *M.*

Methridate

Methridate Mustard.

Descript.] This groweth higher than the former, spreading more and longer branches, whose Leav^s are smaller and narrower, sometimes unevenly dented about the edges: the Flowers are smal and white, growing on long branches, with much smaller and rounder Seed Vessels after them, and parted in the same manner, having smaller brown seeds than the former, and much sharper in tast: The Root perisheth after seed time, but abideth the first winter after the springing.

Place.] They grow in sundry places of this Land; as half a mile from Hatfield by the River side under a Hedg as you go to Hatfield, and in the street of Peckham on Surrey side.

Time.] They flower and seed from May to August.

Government and Vertues.] Both of them are Herbs of Mars. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, that it suffocath the Birth: It breaketh inward Impostumes being taken inwardly, and used in Clysters, helpeth the Sciatica: the seed applied outwardly doth the same, It is an especial Ingredient unto Methridate and Treacle, being of it self an Antidote resisting poyson, venom, and putrefaction: It is also available in many causes for which the common Mustard is used, but somewhat weaker.

The Black-Thorn, or Sloe-Bush.

It is so wel known that it needeth no Description.

Place.] It groweth in every Country, in the Hedges and Borders of Fields.

Time.] It flowreth in April, and sometimes in March, but ripeneth the Fruit after al other Plums whatsoever, and is not fit to be eaten until the Autumn Frost have mellowed it.

Government and Vertues.] All the parts of the Sloe-bush are binding, cooling, and drying, and al effectual to stay bleeding at the Nose and Mouth, or any other place; the Lask of the Belly, or stomach, or the bloody Flux, the too much abounding of Womens Courses, and helpeth to ease the pains in the sides, bowels, and guts, that come by over-much scowring, to drink the Decoction of the Bark of the Roots, or more usually the Decoction of the Berries either fresh or dried. The Conserve is also of very much use, and most familiarly taken for the purposes afore-said: But the distilled Water of the Flowers first steeped in Sack for a night, and drawn therfrom by the heat of *Balneum Anglice* abath, is a most certain Remedy, tried and approved to ease al manner of gnawings in the Stomach, the sides and Bowels, or any griping pains in any of them, to drink a smal quantity when the extremity of pain is upon them: The Leav^s also

are good to make Lotions, to gargle and wash the Mouth and Throat, when in are Swellings, Sores, or Kernels, and to stay the *Defluxions* of Rheum to the Eyes or other parts, as also to cool the heat and inflammations in them, and to ease hot pains of the Head, to bath the Fore-head and Temples therewith. The simple distilled Water of the Flowers is very effectual for the said purposes, and the condensate Juycce of the Sloes. The distilled Water of the green Berries is used also for the said effects.

Thorough-wax, or Thorough-leaf.

Descript.] *C*ommon Thoroughwax sendeth forth one straight round stalk, and sometimes more, two foot high and better, whose lower Leavs being of a bluish green color are smaller and narrower than those up higher, and stand close thereto, not compassing it, but as they grow higher they do more and more encompass the stalk, until it wholly (as it were) pass through them, branching toward the top into many parts, where the Leavs grow smaller again, every one standing singly, and never two at any Joynt: The Flowers are very smal and yellow, standing in tufts at the Heads of the Branches, where afterwards grow the Seed, and blackish, many thick thrust together: The Root is smal, long, and woody, perishing every yeer after Seed time, and rising again plentifully of its own sowing.

Place.] It is found growing in many Corn Fields, and Pasture grounds in this Land.

Time.] It flowereth in July, and the Seed is ripe in August.

Government and Vertues.] Both this and the former are under the influence of Saturn.

Bruises, and Sores likewise, if the Decoction of the Herb with Water or
wounds, Wine be drunk, and the places washed therewith, or the Juycce
ulcers, or green Herb bruised or boyled either by it self, or with other
Ruptures, Herbs in Oyl or Hogs Grease, to be made into an Oyntment
Navits to serve al the yeer: The Decoction of the Herb, or the Pou-
sticking der of the dried Herb taken inwardly, and the same, or the green
out. Leavs bruised and applied outwardly, is singular good to cure

Ruptures and Burstings, especially in Children, before it be too old. Being also applied with a little Flower and Wax to Childrens Navels that stick forth, it helpeth them.

Time.

IT is in vain to describe an Herb so commonly known.

Government and Vertues.] It is a notable strengthener of the Lungs, as notable a one as grows; neither is there scarce a better Remedy growing for that Disease in Children
Lungs, Chin-cough, which they commonly call the Chin-cough, than it
Flegm, shortness of is: It purgeth the Body of flegm, and is an excellent
breath, Worms, Terms Remedy for shortness of Breath: It kills Worms in
provokes, safe and the Belly; and being a notable Herb of Venus pro-
Speedy Delivery to vokes

Women in travel, Af-
terbirth, hot swell-
ings, Warts, Sciatica,
Sight, Spleen, Gout,
Cods swelled, Loyns,
and Hips, Stomach,
Expels Wind.

vokes the Terms, gives safe and speedy Delivery to
Women in Travel, and brings away the After-birth:
It is so harmless you need not fear the use of it. An
Oyntment made of it takes away hot swellings and
Warts, helps the Sciatica, and dulness of sight, takes
away the pains and hardness of the Spleen; 'tis ex-
cellent good for those that are troubled with the
Gout, as also to anoint the Cods that are swelled;
it easeth pains in the Loyns and Hips: The Herb taken any way inwardly
comforts the stomach much, and expels wind.

Wild Time, or Mother of Time.

Wild Time also is so wel known, it needs no Description.
Place.] It may be found commonly in Commons, and other
barren places throughout the Nation.

Government and Vertues.] This also is under the
Dominion of *Venus*, though under the Sign *Aries*,
and therefore chiefly appropriated to the Head: It
provoketh Urin and the Terms, and easeth the gri-
ping pains of the Belly, Cramps, Ruptures, and In-
flamations of the Liver: If you make a Vinegar of
the Herb as Vinegar of Roses is made, you may find
out the way in my Translation of the *London Dispen-
satory*, and anoint the Head with it presently stops the
pains thereof: It is excellent good to be given either
in a Frenzie or Lethargy, although they are two con-
trary Diseases: It helps spitting and pissing of blood,
Coughing and Vomiting, it comforts and streng-
thens both the Head, Stomach, Reins, and Womb,
expels wind, and breaks the stone.

Tormentil, or Setfoyl.

Descript.] **T**His hath many reddish, slender, weak branches rising from
the Root, lying upon the ground, or rather leaning than
standing upright, with many short Leavs that stand closer to the Stalks than
Cinkfoyl doth (which this is very like) with the Footstalk encompassing the
Branches in several places, but those that grow next to the ground are set
upon long Footstalks, each whereof are like the Leavs of Cinkfoyl, but som-
ewhat longer and lesser, and dented about the edges, many of them divided
but into five Leavs, but most of them into sevens, whence it is also called
Setfoyl; yet some may have six and some eight, according to the fertility of
the Soyl: At the tops of the Branches stand divers smal yellow Flowers con-
sisting of five Leavs, like those of Cinkfoyl, but smaller. The Root is smal-
ler than Bistort, somewhat thick, but blacker without, and not so red within,
yet sometimes a little crooked, having many blackish fibres thereat.

Place.] It groweth as wel in Woods and shadowy places, as in the open
Cham pion

Champion Country, about the Borders of Fields in many places of this Land, and almost in every Broom Field in Essex.

Time.] It flowereth al the Summer long.

Government and Vertues.] This is a gallant Herb of the Sun. Tor-

<i>Flux,</i>	mentil is most excellent to stay al kind of Fluxes of Blood or
<i>Bleeding,</i>	Humors in man or woman, whether at Nose, Mouth, Belly, or
<i>Veins cut,</i>	any Wound in the Veins or elsewhere: The Juyce of the Herb
<i>Terms</i>	or Root taken in drink, not only resisteth al Poyson and Venom
<i>stops,</i>	of any Creature, but of the Plague it self, and Pestilential Fea-
<i>Feavers,</i>	vers, and contagious Diseases, as the Pox, Measles, Purples &c.
<i>Pestilence,</i>	expelling the Venom and Infection from the Heart by sweating,
<i>Smal pox,</i>	if the green Root be not at hand to be had, the Pouder of the dry
<i>Measles,</i>	Root is as effectual, a dram thereof being taken every morning:
<i>Purples,</i>	The Decoction likewise of the Herbs and Roots made in Wine
<i>Poyson,</i>	and drunk worketh the same effect; and so doth the distilled
<i>Spleen,</i>	Water of the Herb and Root being steeped in Wine for a night,
<i>Blood in-</i>	and then distilled in <i>Balneo Maria</i> . This Water thus distilled
<i>flamed,</i>	taken with some Venice Treacle, and the party presently laid to
<i>Liver,</i>	sweat wil certainly (with Gods help) expel any Venom or poy-
<i>Lungs,</i>	son, or the Plague, Feaver, &c. for it is an Ingredient of especial
<i>Yellow</i>	respect in al Antidotes or Counterpoysons. There is not found
<i>Jaundice,</i>	any Root more effectual to help any Flux of the Belly, Stomach,
<i>French</i>	Spleen, or Blood than this, to be taken inwardly, or applied out-
<i>Pox,</i>	wardly. The Juyce taken doth wonderfully open Obstructions
<i>Miscar-</i>	of the Liver and Lungs, and thereby in short space helpeth the
<i>riage,</i>	yellow Jaundice: Some use to make Cakes hereof as wel to stay
<i>Diabetes,</i>	al Fluxes as to restrain al Chollerick Belchings, and much Vo-
<i>Worms,</i>	mirings with loathings in the Stomach: The Pouder of the
<i>Ruptures,</i>	dried Root made up with the white of an Eg, and baked upon a
<i>Toothach,</i>	hot Tile wil do it. <i>Andrews Valesius</i> is of Opinion, That the
<i>Wounds,</i>	Decoction of this Root is no les effectual to cure the French
<i>Sores,</i>	Pox than <i>Guajacum</i> , or <i>China</i> ; and 'tis not unlikely, because it
<i>Hurts,</i>	so mightily resisteth putrefaction. <i>Lobel</i> saith, That <i>Rondeli-</i>
<i>Gout,</i>	<i>tius</i> used it as <i>Hermodactils</i> for Joynt-aches: The Pouder also,
<i>Scabby</i>	or Decoction to be drunk, or to sit therein as a Bath, is an assu-
<i>Heads.</i>	red Remedy against Abortion in Women, if it proceed from

the over fluxibility, or weakness of the inward retentive faculty: as also a Plaister made therewith and Vinegar applied to the Reins of the Back, doth much help, not only this, but also those that cannot hold their Water, the Pouder being taken in the Juyce of Plantane: and it is also commended against the Worms in Children. It is very powerful in Ruptures and Burstings: as also for bruises and Fals, to be used as wel outward as inwardly. The Root hereof made up with Pellitory of Spain and Allum, and put into an hollow Tooth, not only asswageth the pain, but stayeth the flux of Humors which caused it. Tormentil is no les effectual and powerful a Remedy for outward Wounds, Sores, and Hurts, than

than for inward, and is therfor a special ingredient meet to be used in Wound drinks, Lotions, and Injections for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets, or other parts of the Body. And to put either the Juyce or Pouder of the Root into such Oyntments, Plaisters, and such things that are to be applied to Wounds and Sores: It also dissolveth all Knots, Kernels, and hardnesse gathered about the Ears, and Throat, and Jaws and the Kings Evill if the Leavs and Roots be bruised and applied thereto: The same also easeth the pains of the Sciatica or Hip-Gout by restraining the sharp Humors that flow thereto. The Juyce of the Leavs and Roots used with a little Vinegar is also a special Remedy against the running Sores of the Head or other parts, Scabs also and the Itch, or any such eruptions in the Skin proceeding of Salt and sharp Humors: The same also is effectual for the Piles or Hemorrhoids if they be washed and bathed therewith, or with the Distilled water of the Herb and Roots: It is found also helpfull to dry up any sharp Rhewm that distilleth from the Head into the Eyes causing, redness, pain, waterings, Itchings, or the like, if a little prepared Tutia, or white Amber be used with the Distilled water hereof: Many Women use this Water as a secret to help themselves and others when they are troubled with the too much flowing of the Whites or Reds, both to drink it, and inject it with a Syringe. And here's enough, only remember, the Sun challengeth the Herb.

Turnsole, or Heliotropium

Descripr. **T**He greater Turnsole riseth up with one upright Stalk about a foot high or more, dividing it self almost from the bottom into diverse smaller Branches of a hoary colour: at each Joynt of the Stalk and Branches grow two small broad Leavs somewhat white or hoary also: At the tops of the Stalks and Branches stand many small white Flowers consisting of four and sometimes five very small Leavs, set in order one above another, upon a small crooked Spike, which turneth inwards like a bowed finger, opening by degrees as the Flowers blow open; after which in their places come forth smal corner'd, four for the most part standing together. The Root is smal and threddy perishing every year; and the Seed shedding every year, raiseth it again the next Spring.

Place.] It groweth in Gardens, and Flowreth and Seedeth with us in England, notwithstanding it is not naturall to this Land, but to Italy Spain and France, where it groweth plentifully.

Government and Vertues.] 'Tis an Herb of the Sun, Choller, Flegm, and a good one too. Dioscorides saith, That a good Hand-Stones, Disfury, ful of this, which is called the greater Turnsole, boyled in Terms provokes Water and drunk, purgeth both Choller and Flegm: And Gout, warts, boyled with Cummin and drunk, helpeth the Stone in the Wens, Disjun- Reins, Kidneys or Bladder, provoketh Urine and Womens Courses, and causeth an easie and speedy delivery in Childbirth. The Leavs bruised and applied to places pained with the Gout, or that have been out of joynt and newly set are ful of

pain

pain, do give much ease. The Seed and the Iuyce of the Leaves also being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the Face, Eyelids, or any other part of the Body, will by often using take them away.

Meadow Trefoyl, or Honeyfuckles.

IT is so well known especially by the name of Honeyfuckles, White and Red, that I need not describe them.

Place.] They grow almost every where in this Land.

Government and Vertues.] Mercury hath dominion over the common Warts. *Dodoneus* saith, The Leavs and Flowers are good to ease the gripping pains of the Guts, the Herb being boyled and used in a Clyster: if the Herb be made into a Pultis and applied to Inflammations, it will ease them. The Iuyce dropped into the Eyes is a famelier Medicine with many Country People to take away the Pin and Web (as they call it) in the Eyes, it also allayeth the Heat and Bloodshooting of them: Country people do also in many places drink the Iuyce herof against the biting of an Adder, and having boiled the Herb in Water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The Herb also boiled in Swines Grease and so made into an Oyntment, is good to apply to the biting of any Venemous Creature. The Herb also bruised and heated between two Tiles, and applied hot to the share, causeth them to make water who had it stop'd before: It is held likewise to be good for Wounds, and to take away Scars. The Decoction of the Herb and Flowers with the Seed and Root taken for some time, helpeth Women that are troubled with the Whites. The Seed and Flowers boyled in Water, and after made into a Pultis with some Oyl and applied, helpeth hard swellings and Impositions.

Belly-ach,
Inflammations,
Pin and web,
Eyes.
Venemous
Beast, Disury,
Wounds, Scars,
Whites, Swellings,
Apostums

Government and Vertues.] Mercury hath dominion over the common Warts. *Dodoneus* saith, The Leavs and Flowers are good to ease the gripping pains of the Guts, the Herb being boyled and used in a Clyster: if the Herb be made into a Pultis and applied to Inflammations, it will ease them. The Iuyce dropped into the Eyes is a famelier Medicine with many Country People to take away the Pin and Web (as they call it) in the Eyes, it also allayeth the Heat and Bloodshooting of them: Country people do also in many places drink the Iuyce herof against the biting of an Adder, and having boiled the Herb in Water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The Herb also boiled in Swines Grease and so made into an Oyntment, is good to apply to the biting of any Venemous Creature. The Herb also bruised and heated between two Tiles, and applied hot to the share, causeth them to make water who had it stop'd before: It is held likewise to be good for Wounds, and to take away Scars. The Decoction of the Herb and Flowers with the Seed and Root taken for some time, helpeth Women that are troubled with the Whites. The Seed and Flowers boyled in Water, and after made into a Pultis with some Oyl and applied, helpeth hard swellings and Impositions.

Heart-trefoyl.

Besides the ordinary sorts of Trefoyle here are two more remarkable, and one of which may probably be called Heart-trefoyle, not onely because the Leaf is triangular like the iHeart of a man, but also because each Leaf contains the perfect Icon of a Heart, and that in its proper colour, *Viz.* A flesh colour.

Place.] It groweth in a Field between Longford and Bm, as also beyond Southwark toward Croyden, both in the right way and parts adjacent.

Government and Vertues.] It is under the dominion of the Sun, and if it were used it would be found as great a strengthener of the heart, and cherisher of the vitall spirit as grows, relieving the Body against Fainting, and Swoonings, fortifying it against Poysons and Pestilence, and defending the Heart against the noisom vapors of the Spleen.

Heart streng-
theneth vitall
spirit fainting,
swoonings,
Poyson, Pestil-
ence, evil vapors

Pearl-

Pearl-trefoyle.

IT differs not from the common sort, save only in this one particular, that it hath a white spot in the Leaf like a Pearl; it is particularly under the dominion of the Moon, and its Icon sheweth that it is of Pin & web in singular Vertue against the Pearl, or pin and Web in the Eye.

Tutſan, or Park Leaves.

Descript.] **I**T hath many brownish shining round Stalks, crested all the length thereof, rising to be two and sometimes three foot high, branching forth even from the bottom, having diverse Joynts, and at each of them two fair large Leaves standing, of a dark blewish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the Branches all the winter: At the tops of the Stalks and Branches stand large yellow Flowers, and Heads with Seed, which being greenish at the first, and afterward reddish, turn to be of blackish purple colour when they are through ripe, with smal brownish Seed within them, and then yeild a reddish Juycce or Liquor, of a reasonable good scent, somewhat resinous, and of an harsh and stiptitch taste, as the Leaves also and the Flowers be, although much less, but do not yeild such a cleer Claret Wine Liquor as some say it doth: The Root is brownish, somewhat great hard, and woody, spreading well in the ground.

Place. It groweth in many Woods, Groves, and Woody Grounds, as Parks and Forrests, and by Hedg sides in many places of this Land, as in Hampsted Wood, by Ratley in Essex, in the Wild of Kent, and in many other places needlesse to recite.

Time.] It Flowreth later than St. Johns, or St. Peters wort.

Government and Vertues.] It is an Herb of Saturn and a most noble Antevenerian. Tutſan purgeth Chollerick Humors as Choller Sciatica, St. Peters wort is said to do, for therein it worketh the same effects, both to help the Sciatica and Gout, and to heal burnings by fire: It stayeth also the bleeding of wounds, if either the green herb be bruised, or the Pouder of the dry be applied thereto. It hath been accounted and certainly is a Sovereign Herb to heal any Wound or Sore either outwardly or inwardly, and therefore alwayes used in Drinks, Lotions, Balms, Oyle, Oynments for any sort of green Wound, or old Ulcers and Sores, in all which the continuall experience of former Ages hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physitians and Chirurgions were so wise as to use Herbs more than now they do.

Garden Valerian.

Descript.] **T**His hath a thick short grayish Root lying for the most part above ground, shooting forth on all sides; other such like smal pieces,

pieces or Roots, which have all of them many long and great strings or fibres under them, in the ground, whereby it draweth nourishment. From the Heads of these Roots spring up many green Leavs, which at first are somewhat broad and long without any division at all in them, or denting on the edges, but those that rise up after are more and more divided on each side, some to the middle Rib, being winged, as made of many Leavs together on a Stalk, and those upon the Stalk in like manner are more divided, but smaller towards the top then below: The Stalk riseth to be a yard high or more, sometimes branched at the top, with many smal whitish Flowers, sometimes dash'd over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small brownish white Seed that is easily carried away with the wind. The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine.

Place.] It is generally kept with us in our Gardens.

Time.] It Flowreth in June and July, and continueth Flowring until the Frosts pull it down.

Government and Vertues.] This also is under the Influence of Mercury. Dioscorides saith, That the Garden Valerian hath a warming Faculty and that being dryed and given to drink, it provoketh Urine and helpeth the Strangury: The Decoction thereof taken, doth the like also, and taketh away pains of the sides, provoketh Womens Courses and is used in Antidotes. Pliny saith, That the Pouder of the Root given in drink, or the Decoction thereof taken, helpeth all stoppings and stranglings in any part of the Body, whether they proceed of pains in the Chest or sides, and taketh them away. The Root of Valerian boyled with Liquoris, Raisons, and Annis Seed, is singular good for those that are short winded, and for those that are troubled with the Cough, and helpeth to open the passages, and to expectorate Flegm easily. It is given to those that are bitten or stung by any Venemous Creature, being boyled in Wine, It is of special Vertue against the Plague, the Decoction thereof being drunk, and the Root being used to smell unto; It helperh also to expel the wind in the Belly. The green

Herb with the Root taken fresh, being bruised and applied to the Head, taketh away the pains and prickings therein, Pin and web, staketh Rhewms and thin Distillations, and being boyled in white Wine, and the drop thereof put into the Eye, taketh away the dimness of the sight, or any Pin or Web therein: It is of excellent property to heal any inward Sores or Wounds, as also for outward Hurts or Wounds, and draweth any Splinter or Thorn out of the Flesh.

Vervain.

Descript.] The common Vervain, hath somewhat long and broad Leavs next the ground deeply gash'd about the edges, and some only deeply dented, or cut all alike, of a blackish green colour on the upper side and

and somewhat gray underneath : The Stalk is square branched into severall parts, rising about two foot high, especially if you reckon the long Spike of Flowers at the tops of them, which are set on all sides one above another, and sometimes two or three together, being smal and gaping, of a purplish blew colour, and white intermixt, after which come smal round Seed in smal and somewhat long Heads : The Root is smal and long, but of no use.

Place.] It groweth generally throughout this Land in divers places by the Hedges and way sides, and other wast grounds.

Time.] It Flowreth about July, and the Seed is ripe soon after.

Government and Vertues.] This also is an Herb of *Venus*, and an excellent Herb for the Womb, to strengthen it and remedy all the cold griefs of it, as Plantane doth the hot, the Herb bruised and hung about the Neck

helps the Headach. Vervain is hot and dry, bitter, opening

Obstructions Obstructions, cleansing, and healing, It helpeth the yellow

Cleansing; Healing, yellow Jaundice, the Dropsie, and the Gout, the defects of the

Jaundice, Venemous Beasts, Reins and Lungs, and generally, all inward pains and

Pestilence, Agues, Worms, torments of the Body, the Leavs being boyled and drunk ;

Cough, shortnes of Breath, The same is held to be good against the bitings of Ser-

whetling, Stone pents, and other Venemous Beasts; and against the Plague

Gravel, Reins and both Terrian and Quartan Agues, killeth and expelleth

Bladder. Worms in the Belly, and causeth a good colour in the Face

Womb, Dropsie, and Body, strengtheneth as well as correcteth the Diseases

Bleeding, of the Liver and Spleen, is very effectual in all Diseases

Wounds, ulcers of the Stomach and Lungs, as Coughs, shortness of Breath

Fistulae, bead- and Wheefings, and is singular good against the Dropsie,

ach, Frenzie, to be drunk with some Peony Seeds, bruised and put therto ;

Morphew, & is no less prevalent for the defects of the Reins and blad-

Freckles, Eyes. der, to cleanse them of those Humors that ingender the

Stone, and helpeth to break the Stone and to expel Gra-

vel : It consolidateth and healeth also all Wounds both in-

ward and outward, and staideth bleedings, and used with

some Honey, healeth al old Ulcers and Fistulae in the Legs

or other parts of the Body, as also those Ulcers that happen

in the Mouth, or used with old Hogs grease, it helpeth the Swellings and

pains of the secret parts in man or Woman, as also for the Piles and He-

morroids : applied with some Oyl of Roses and Vinegar unto the Fore-

head and Temples, it easeth the inveterate pains and ach of the Head, and

is good for those that are Frantick, The Leavs bruised, or the Juyce of

them mixed with some Vinegar doth wonderfully cleanse the Skin, and tak-

eth away Morphew, Freckles, Fistulae, and other such like Inflammations

and deformities of the Skin in any part of the Body. The distilled wa-

ter of the Herb when it is in his full strength, dropped into the Eyes, cleanseth

them from Films, Clouds, or mist, that darken the sight, and wonderfully

strengtheneth the Optick Nerves ; The said Water is very powerfull in all

the diseases aforesaid either inward or outward, whether they be old corro-

ding Sores, or green Wounds.

The Vine.

THe Leavs of the English Vine (I do not intend to send you to the Canaries for a Medicine) being boyled make a good Lotion for *Sore Mouths*, being boyled with Bailey Meal into a Pultis, it cools Inflammations of Wounds, the droppings of the Vine when 'tis cut in the Spring, which Countrey people call *Inflammations*, Tears, being boyled into a Syrup with Sugar and taken inwardly is excellent to stay Womens Longings after every thing they see, which is a Disease many women with Child are subject too; The Decoction of Vine Leavs in white Wine doth the like: also the Tears of the Vine drunk, two or three spoonfuls at a time, breaks the Stone in the Bladder: This is a very good Remedy, and it is discreedly done to kill a Vine to cure a Man, but the Salt of the Leavs is held to be better.

The Ashes of the burnt Branches will make Teeth that are as black as a coal to be as white as snow if you do but every morning rub them with it. It is a most gallant Tree of the Sun very sympathetically with the Body of Man: and that's the reason spirit of Wine is the greatest Cordial amongst all vegetables.

Violets.

THese, both Tame and Wild, are so well known that they need no Description.

Time. They Flower untill the end of July, but are best in March and the beginning of April.

Gouernment and Vertues. They are a fine pleasing Plant of *Pennis*, of a milde nature, no way harmful. All the *Inflammation*, *Eyes*, *Wounds*, *Violets* are cold and moist while they are fresh and green, and are used to cool any heat or distemperature of the Body either inwardly or outwardly, as Inflammations in the Eyes, in the Matrix, or Fundament, in Impostumes also, and hot Swellings, to drink the Decoction of the Leavs or Flowers made with Water in Wine, or to apply them Pultis wise to the grieved place; it likewise easeth pains in the Head as *Elegia*, *Hoarse*, *Throat*, caused through want of sleep; or in any other place arising of heat, being applied in the same manner, or with Oyl of *Bladder*, *Roses*. A dram weight of the dried Leavs of the Flowers of Violets (but the Leavs more strongly) doth purge the Body of Chollerick Humours, and asswageth the heat being taken in a draught of Wine or any other drink: The Poulder of the Purple Leavs of the Flowers onely pick'd and dried and drunk in Water is said to help the *Quinsie*, and the *Falling-sickness* in Children, especially in the beginning of the Disease. The Flowers of the white Violets ripeneth and dissolvethe Swellings. The Herb or Flowers while they are fresh, or the Flowers

Flowers when they are dry, are effectually in the Plurisie, and all diseases of the Lungs, to lenifie the sharpness of hot Rhewms, and the Hoarseness of the Throat, the heat also, and sharpness of Urine, and all pains of the Back, or Reins and the Bladder: It is good also for the Liver and the Jauncice, and in all hot Agues to cool the heat and quench the Thirst: but the Syrup of Violets is of most use and of better effect, being taken in some convenient Liquor; and if a little of the Juyce or Syrup of Lemmons be put to it or a few drops of the Oyl of Vitrol, it is made thereby the more powerful to cool the heat and quench the Thirst, and giveth to the drink a Claret Wine colour, and a fine tart relish, pleasing the tast. Violets taken, or made up with Honey doth more cleanse then cool, and with Sugar contrarywise. The dried Flowers of Violets are accounted among the Cordial Drinks, Pouders, and other Medicines especially where cooling Cordials are necessary: The green Leavs are used with other Herbs, to make Plaisters and Pulvisces for Inflammations and Swellings, and to ease pains wheresoever, arising of heat, and for the Piles also, being fried with Yolks of Eggs and applied thereto.

Vipers Bugloss.

Descript.] **T**His hath many long rough Leavs lying on the ground, from among which rise up divers hard round Stalks, very rough as if they were thick set with prickles or hairs, wherein are set such like long rough hairy or prickly sad green Leavs, somewhat narrow; the middle Rib for the most part being white. The Flowers stand at the top of the Stalks, branched forth into many long spiked Leavs of Flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the Brims a little, of a Purplish Violet colour in them that are fully blown, but more reddish while they are in the Bud as also upon their decay and withering; but in some places of a paler purple colour, with a long pointel in the middle, feathered or parted at the top: After the Flowers are fallen the Seeds growing to be ripe, are blackish, cornered and pointed somewhat like unto the Head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward Seed time; and perissheth in the winter.

There is another sort little differing from the former, only in that it beareth white Flowers.

Place.] The first groweth wild almost every where. That with white Flowers, about the Castle Walls in Lewes in Sussex.

Time.] They Flower in Summer, and their Seed is ripe quickly after.

Government and Vertues.] It is a most gallant Herb of the Sun; it is pity it is no more in use then it is. It is an especiall Remedy against the biting of the Viper, and all other Venemous Beasts or Serpents, as also against poison and poisonous Herbs. Dioscorides and others say, That whosoever shall take of the Herb or Root before they be bitten, shall not be hurt by the poyson of any Serpent. The Roots or Seed

Venemous
Beasts, Payson,
Heart, Sadness,
Melancholly,
Agues, Milk,

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Government and Vertues.] It is a most gallant Herb of the Sun; it is pity it is no more in use then it is. It is an especial Remedy against the biting of the Viper, and all other Venemous Beasts, Payson, mous Beasts or Serpents, as also against poison and poison-Heart, Sadness, ful Herbs. Dioscorides and others say, That whosoever shall take of the Herb or Root before they be bitten, shall not be hurt by the poyson of any Serpent. The Roots or Seed
are

Lovns, Back, are thought to be most effectual to comfort the Heart, and **Kidneys.** expel Sadness, or cause lesse Melancholly, it tempers the Blood, and allayeth hot fits of Agues: The Seed drunk in Wine procureth abundance of Milk in Womens Breasts. The same also being taken easeth the pains in the Lovns, Back, and Kidneys: The distilled Water of the Herb when it is in Flower, or his chiefeft strength, is excellent to be applied either inwardly or outwardly for all the Grieffs aforesaid. There is a Syrup made hereof very effectually for the comforting of the Heart, and expelling Sadness and Melancholly.

Wall-Flowers, or Winter Gilly Flowers.

THe Garden kinds are so wel known that they need no Description. **Descript.]** *The common single Wall-Flowers which grow wilde abroad, hath sundry smal, long, narrow, and dark green Leavs, set without order upon smal round whitish woody Stalks which bear at the tops divers single yellow Flowers one above another, every one having four Leavs apiece and of a very sweet scent: after which come long Pods containing reddish Seed. The Root is white, hard and thriddy.*

Place.] It groweth upon Church Walls, and old Walls of many houses and other Stone Walls in diverse places. The other sorts in Gardens only.

Time.] All the single kinds do flower many times in the end of Autumn, and if the Winter be milde all the Winter long, but especially in the Months of February, March and April, and until the heat of the Spring do spend them: But the double kinds continue not Flowring in that manner all the year long, although they Flower very early sometimes, and in some places very late.

Government and Vertues.] The Moon rules them. **Galen** in his seventh Book of Simple Medicines saith, That the yellow Wall-Flowers worketh more powerfully than any of the other kinds, and is therefore of more use in Physick; It clenseth the Bloud and freeth the Liver and Reins from Obstructions, provoketh Womens Courses, expelleth the Secondine and dead Child, helpeth the hardness and pains of the Mother, and of the Spleen also, stayeth inflammations and Swellings, comforteth and strengthneth any weak part, or out of Joynt: helpeth to cleanse the Eyes from mistiness and Films on them, and to cleanse foul and filthy Ulcers in the Mouth, or any other part, and is a singular Remedy for the Gout, and all Aches and pains in the Joynts and Sinews. A Conserve made of the Flowers is used for a Remedy both for the Appoplexy and Palsey.

The Walnut Tree.

IT is so wel known, that it needeth no Description.

Time.] It Blossometh early, before the Leavs come forth, and the Fruit is ripe in September.

Government

Government and Vertues.] This also is a Plant of the Sea: Let the Fruit of it be gathered accordingly, which you shall find to be of most Vertue whilst they are green before they have shels. The Bark of the Tree, doth bind and dry very much; and the Leavs are much of the same temperature; but the Leavs when they are older, are heating and drying in the second degree, and harder of digestion than when they are fresh, which by reason of their sweetness are more pleasing and better digesting in the Stomach; and taken with sweet Wine, they move the Belly downwards: but being old, they grieve the stomach; and in hot Bodies cause Choller to abound, and the Headach, and are an enemy to those that have the Cough; but are less hurtful to those that have colder stomachs, and are said to kill the broad Worms in the Belly or stomach. If they be taken with Onions, Salt, and Honey, they help the biting of a Mad Dog, or the Venom or infectious poyson of any Beast, &c. *Conus Pompeius* found in the Treasury of *Metridates* King of *Pontus*, when he was overthrown, a scrawl of his own hand-writing, containing a Medicine against any Poyson and Infection, which is this, Take two dry Walnuts, and as many good Figs, and twenty leavs of Rue, bruised and beaten together with two or three corns of salt, and twenty Juniper Berries, which taken every morning fasting, preserveth from danger of Poyson or Infection, that day it is taken. The Juyce of the outer green Husks, boyled up with Honey, is an excellent gargle for sore Mouths, the Heat and Inflammations in the Throat and stomach: The Kernels when they grow old, are more oily, and therefore not so fit to be eaten, but are then used to heal the Wounds of the Sinews, Gangrenes, and Carbuncles. The said Kernels being burned, are then very astringent, and will then stay Lasks and Womens Courses: being taken in red wine, and stay the falling of the Hair, and make it fair, being anointed with Oyl and wine: The green Husks will do the like being used in the same manner. The Kernels beaten with Rue and Wine, being applied, helpeth the Quinsie: and bruised with some Honey and applied to the Bars, easeth the pains and inflammations of them: A piece of the green Husk put into a hollow Tooth, easeth the pains. The Carkins hereof taken before they fall off, dried, and given a dram therof in Pouder with white Wine, wonderfully helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the Kernels, is very profitably taken inward like Oyl of Almonds, to help the Chollick, and to expel wind very effectually, an ounce or two therof may be taken at a time. The yong green Nurs taken before they be half ripe, and preserved with Sugar, are of good use for those that have weak stomachs, or defluxions thereon. The Distilled water of the green Husk before they be half ripe, is of excellent use to cool the heat of Agues, being drunk an ounce or two at a time, as also to resist the Infection of the Plague, if some therof be also applied to the Sores therof. The same

also cooleth the heat of green wounds and old Ulcers, and healeth them being bathed therewith: The distilled water of the green Husks being ripe, when they are shelled from the Nuts, being drunk with a little Vinegar, is also found by experience to be good for those that are infected with the Plague, so as before the taking therof a vein be opened. The said water is very vood against the Quinsie, being gargled and bathed therewith, and wonderfully helpeth Deafness, the noise and other pains in the Ears. The Distilled water of the yong green Leavs in the end of May, performeth a singular cure on foul running Ulcers and Sores, to be bathed with wet cloaths or sponges, applied to them evening and morning.

Wold, Weld, or Dyers Weed.

Descript-] **T**He common kind groweth bushing with many Leavs, long, narrow, and flat upon the ground, of a dark blewish green colour, somewhat like unto Woad, but nothing so large. a little crumpled and as it were round pointed, which do so abide the first year: And the next spring from among them rise divers round stalks two or three foot high, beset with many such like Leavs thereon, but smaller, and shooting forth some smal Branches, which with the stalks carry many smal yellow Flowers, in a long spiked head at the tops of them, where afterwards come the Seed, which is smal and black, inclosed in heads that are divided at the tops into four parts. The Root is long, white, and thick, abiding the winter: The whole Herb changeth to be yellow after it hath been in flower a while.

Place.] It groweth every where by the way sides in moist grounds as well as dry, in corners of Fields and by-Lanes: and sometimes al over the field: in Suffex and Kent they cal it Greenweed.

Time.] It is in Flower about June.

Goverment and Vertues.] *Mathiolus* saith, That the Root hereof, cutteth rough Flegm, digesteth raw Flegm, thinneeth gross Humors, dissolveth hard Tumors, and openeth Obstructions. Some do highly commend it against the bitings of Venemous Creatures, to be taken inwardly and applied outwardly, to the hurt place; as also for the Plague or Pestilence. The people in some Countries of this Land, do use to bruise the Herb, and lay it to cuts or wounds in the hands or legs to heal them.

Wheat.

AL the several kinds hereof are so wel known unto almost al People, that it is altogether needless to write any Description therof.

Goverment and Vertues.] It is under *Venus*. *Dioscorides* saith, That to eat the Corns of green Wheat, is hurtful to the stomach, and breedeth Worms. *Pliny* saith, That the Corns of Wheat roasted upon an Iron Pan and eaten, is a present Remedy for those that are chilled with Cold. The Oyl pressed from Wheat between two thick plates of Iron or Copper heated, healeth al Tettters and Ringworms being used warm, and hereby *Galen* saith,

Chops in the Hands or Feet, Mad Dogs Eyes, Kings-Evil, Sinews, Pestilence, Scabs, Leprosie, Venemous Beasts, Cods, Hoariness. saith he hath known many to be cured. *Mathiæus* commendeth the same Oyl to be put into hollow Ulcers to heal them up, and it is also good for Chops in the Hands or Feet, and to make a rugged Skin smooth. The green Corns of Wheat being chewed, and applied to the place bitten by a Mad Dog, healeth it: Slices of Wheat-bread soaked in Red Rose-water, and applied to the Eyes that are hot, red, and inflamed, or bloud-shotten, helpeth them. Hot Bread applied for an hour at a time for three dayes together, perfectly healeth the Kernels in the Throat, commonly called the Kings Evil. The Flower of Wheat mixed with the Joyce of Henbane, stayeth the Flux of Humors to the Joynts being laid thereon: The said Meal boyled in Vinegar, helpeth the shrinking of the Sinews saith *Pliny*; and mixed with Vinegar and Honey boyled together, healeth al Freckles, Spots, and Pimples on the Face. Wheat flower, mixed with the yolk of an Eg, Honey, and Turpentine, doth draw, cleanse, and heal any Boyl, Plague-fore, or foul Ulcer. The Bran of Wheat-meal steeped in sharp Vinegar, and then bound in a linnen Cloth, and rubbed on those places that have the Scurf, Morpiew, Scabs, or Leprosie, wil take them away; the Body being first wel purged and prepared. The Decoction of the Bran of Wheat or Barley, is of good use to bath those places that are Bursten by a Rupture: and the said Bran boyled in good Vinegar, and applied to swollen Breasts, helpeth them, and stayeth al inflammations: It helpeth also the Bitings of Vipers (which I take to be no other but our English Adder) and al other Venemous Creatures. The Leavs of Wheat-meal applied with some Salt, taketh away hardness of the skin, Warts, and hard Knors in the Fleth. Starch moistned with Rose-water and laid to the Cods, taketh away their Itching. Wafers put in water and drunk, stayeth the Lask and Bloody-Flux, and is profitably used both inwardly and outwardly for the Ruptures in Children: Boyled in water unto a thick Gelly and taken, it stayeth spitting of Blood: and boyled with Mints and Butter, it helpeth the Hoariness of the Throat.

The Willow Tree.

These are so wel known, that they need no Description: I shal therefore only shew you the Vertues thereof.

Government and Vertues.] The Moon owns it. Both the Leavs, Bark, and the Seed are used to stanch Bleeding of Wounds, and at Mouth and Nose, spitting of Blood, and al other Fluxes of Blood in man or woman, and to stay vomiting, and provocation therunto, if the Decoction of them in Wine be drunk. It helpeth also to stay thin, hot, sharp, salt Distillations from the Head upon the Lungs causing a Consumption: The Leavs bruised with some Pepper and drunk in Wine, much helpeth the wind Chollick. The Leavs bruised and boyled in Wine and drunk, stayeth the heat of Lust in Man or Woman,

Lust, dimness of
sight, and other
Diseases in the
Eyes, cleer the
Face, dry up
Humors, Warts,
corns & super-
fluous Flesh,
Scurf, or Dan-
driff, Feaver.

Woman, and quite extinguishest it if it be long used; the Seed is also of the same effect. The Water that is gathered from the Willow when it Flowreth, the Bark being sliced, and a fitting Vessel set to receive it, is very good for redness and dimness of Sight, for films that grow over the Eyes, and stay the Rhewms that fall into them, to provoke Urine being stopped, if it be drunk; and to cleer the Face and Skin from Spots and Discolourings. Galen saith, The flowers have an admirable Faculty in drying up Humors, being a Medicine without any sharpness or corrosion: You may boyl them in white Wine, and drink as much as you will (so as you drink not your self drunk.) The Bark work the same effects, if used in the same manner; and the Tree hath alwayes Bark upon it, though not alwayes Flowers: The burnt Ashes of the Bark, being mixed with Vinegar, taketh away Warts, Corns, and Superfluous Flesh, being applied to the place. The Decoction of the Leavs or Bark in Wine, takes away Scurf, or Dandriff, by washing the place with it: 'Tis a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one sick of a Feaver.

Woad.

Descript.] **I**T hath divers large Leavs, long, and somewhat broad withal, like to those of the greater Plantane, but larger, thicker, of a greenish colour, and somewhat blue withal: From among which Leavs riseth up a lusty stalk three or four foot high, with divers Leavs set thereon; the higher the stalk riseth, the smaller are the Leavs; at the top it spreadeth into divers branches, at the end of which appear very pretty little yellow flowers, and after they pass away like other flowers of the Field, come Husks, long, and somewhat flat withal: In form they resemble a tongue; in colour, they are black, and they hang bobbing downwards. The Seed contained within these Husks (if it be a little chewed) gives an Azure Colour. The Root is white and long.

Place.] It is sowed in Fields for the benefit of it, where those that sow it, cut it three times a year.

Time.] It Flowreth in June, but is long after before the Seed is ripe.

Government and Vertues.] It is a cold, and dry Plant of Saturn. Some People affirm the Plant to be destructive to Bees, which if it be, I cannot help it: They say it possesseth Bees with a Flux, but that I can hardly believe, unless Bees be contrary to all other Creatures, I should rather think it possesseth them with the contrary Disease, the Herb being exceeding drying and binding. However, if any Bees be diseased thereby, the cure is to set Urine by them, but set it in such a Vessel that they cannot drown themselves, which may be Remedied if you put pieces of Cork in it. I told you before the Herb was drying and binding, and so drying and binding, that it is not fit to be given inwardly. An Oyntment made thereof stancheth Bleeding. A Plaister made thereof, and applied to the Region of the Spleen, (and

bleeding, Spleen,
Ulcers, Infla-
mations, St. An-
thonies fire, de-
fluxions of
Blood.

(and I pray you take notice, that the Spleen lies on the left side) takes away the hardness and pains thereof: The Oyntment is excellent good in such Ulcers as abound with moisture, and takes away the cortoding and fretting Humors: It cools Inflammations, quencheeth St. Antonies fire, and stayeth Defluxions of Blood to any part of the Body.

Woodbind, or Honeyfuckles.

IT is a Plant so common, that every one that hath Eyes knows them, and he that hath none cannot read a Description if I should write it.

Time.] They Flower in June, and the Fruit is ripe in August.

Government and Vertues.] Doctor Tradition, that grand Introducer of Errors, that Hater of Truth, that Lover of Folly, and that mortal Foe to Doctor Reason, hath taught the common People to use the Leavs and Flowers of this Plant in Mouth Waters, and by long continuance of time hath so grounded it in the Brains of the vulgar, that you cannot beat it out with a Beetle: Al Mouth Waters ought to be cooling and drying, but Honeyfuckles are clensing, consuming, and digesting, and therefore no waies fit for Inflammations: Thus Doctor Reason. Again, If you please we will leave Doctor Reason a while, and come to Doctor Experience, a learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to cause a sore Mouth or Throat than to cure it. Wel then, if it be not good for this, What is it good for? 'Tis good for something,

for God and Nature made nothing in vain: It is an Herb of Lungs afflicted, Asthma, Spleen provokes, urin and speedy Delivery in Childbirth Cramps, Convulsions and Palseys, Freckles, and Sun-burning. Mercury, and appropriated to the Lungs; the Cœlestial Crab claims Dominion over it, neither is it a Foe to the Lyon: If the Lungs be afflicted by Jupiter, this is your Cure: It is fitting a Conserve made of the Flowers of it were kept in every Gentlewomans House; I know no better Cure for an Asthma than this: Besides, It takes away the evil of the Spleen, provokes Urine, procures speedy Delivery to Women in Travel, helps Cramps, Convulsions, and Palseys, and whatsoever griefs comes of cold or stopping: If you please to make use of it in an Oyntment, it wil cleer your Skin of Morpew, Freckles, and Sun-burning, or whatsoever else discolors it, and then the Maids will love it. I have done when I have told you what Authors say, and cavelled a little with them; they say, The Flowers are of more effect than the Leavs, and that's true; but they say, The Seeds are least effectual of al: but Dr. Reason told me, That there was a Vital Spirit in every Seed to beget its like; and Dr.

Experience told me, That there was a greater heat in a Seed than there was in any other part of a Plant, and withal, That Heat was the Mother of Action, and then judg of old Dr. Tradition (who may wel be honor'd for his Age, but not for his Goodness) have not so poysoned the World with his Errors before I was born, that it was never wel in its wits since, and there is great fear it wil die mad.

Wormwood.

THree Wormwoods are familiar with us ; one I shal not describe, another I shal describe, and the third be critical at : And I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many Names as Vertues (and perhaps one more) *Seriphian*, *Santonicon*, *Belgicum*, *Narbonense*, *Xantomicum*, *Misnente*, and a matter of twenty more which I wil not blot Paper withal : A Papist got the Toy by the end, and he called it Holy Wormwood ; and in truth I am of Opinion, their giving so much Holiness to Herbs is the reason there remains so little in themselves. The Seed of this Wormwood is that which usually Women give their Children for the Worms : Of al Wormwoods that grow here, this is the weakest ; I but Doctors commend it, and Apothecaries sel it, the one must keep his Credit and the other get Money, and that's the Key of the work. The Herb is good for something, because God made nothing in vain : Wil you give me leave to weigh things in the Ballance of Reason ? Then thus, The Seeds of the common Wormwood are far more prevalent than the Seed of this to expel worms in Children, or people of ripe age : Of both, some are weak, some are strong. The *Seriphian* Wormseed is the weakest, and happily may prove to be fittest for weakest Bodies (for it is weak enough in al conscience) Let such as are strong take the common Wormseed, for the other wil do but little good. Again, neer the Sea many people live, and *Seriphium* grows neer them, and therefore is more fitting for their Bodies, because nourished by the same Air ; and this I had from Dr. Reason. In whose Body Dr. Reason dwels not, dwels Dr. Madnes, and he brings in his Brethren, Dr. Ignorance, Dr. Folly, and Dr. Sicknes, and these together make way for Dr. Death, and the latter end of that man is worse than the beginning. Pride was the cause of Adam's Fall ; Pride begat a Daughter, I do not know the Father of it unless the Devil, but she Christned it, and cal'd it Appetite, and sent her Daughter to tast these Wormwoods, who finding this the least bitter, made the squeamish Wench extol it to the Skies, though the Vertues of it never reached to the middle Region of the Air. Its due praise is this ; It is weakest, therefore fitter for weak Bodies, and fitter for those Bodies that dwel neer it, than those that live far from it : my reason is, The Sea (as those that live far from it, know when they come neer it) casteth not such a smel as the Land doth : The tender Mercies of God being over al his Works, hath by his eternal Providence planted *Seriphian* by the Sea side, as a fit Medicine for the Bodies of those that live neer it. Lastly, It is known to al that know any thing in the Course of Nature, That the Liver delights in sweet things ; if so, it abhors bitter ; then if your Liver be weak, it is none of the wisest courses to plague it with an Enemy : if the Liver be weak, a Consumption follows ; would you know the Reason ? 'tis this, A Mans Flesh is repaired by Blood, by a third Concoction which transmutes Blood into Flesh, ('tis wel I said [Concoction] for if I had said [Boyling] every Cook would have understood me.) The Liver makes

makes Blood, and if it be weakned that it makes not enough the Flesh wasteth; and why must Flesh alwaies be renewed? Because the Eternal God when he made the Creation, made one part of it in continual dependancy upon another: And why did he so? Because Himself is only Permanent, to teach us, That we should not fix our affections upon what is Transitory, but upon what endures for ever. The result of all is this, If the Liver be weak and cannot make Blood enough (I would have said [Sanguifie] if I had written only to Scholers.) The Seriphian which is the weakest of Wormwoods is better than the best. I have been Critical enough, if not too much.

Place.] It grows familiarly in England by the Sea side.

Descrip.] It starts up out of the Earth with many round woody hoary Stalks from one Root, its height is four foot high, or three at the least. The Leaves in longitude are long, in latitude narrow, in color white, in form hoary, in similitude like Southernwood, only broader and longer, in taste, rather salt than bitter, because it grows so neer the Salt Water: At the joynts with the Leaves toward the tops it bears little yellow Flowers. The Root lies deep, and is woody.

Common Wormwood I shal not describe, for every Boy that can eat an Egg knows it.

Roman Wormwood: And why Roman, seeing it grows familiarly in England? It may be it was so called because 'tis good for a stinking breath, which the Romans cannot be very free from maintaining so many Baudy Houses by Authority of his Holiness.

Descript.] The Stalks are slenderer and shorter than the common wormwood by one foot at least; the Leaves are more finely cut and divided than they are, but something smaller; both Leaves and Stalks are hoary; the Flowers of a pale yellow color, it is altogether like the common wormwood, save only in bigness, for 'tis smaller; in taste, for 'tis not so bitter, in smell, for it is spicy.

Place.] It groweth upon the tops of the Mountains (it seems 'tis aspiring) there 'tis Natural; but usually nursed up in Gardens for the use of the Apothecaries in London.

Time.] All Wormwoods usually flower in August, a little sooner or later.

Government and Vertues.] Wil you give me leave to be Critical a little? I must take leave: Wormwood is an Herb of Mars, and if Pontanus say otherwise he is beside the Bridge: I prove it thus; What delights in Martial places, is a Martial Herb; but Wormwood delights in Martial places (for about Forges and Iron Works you may gather a Cart load of it)

Ergo it is a Martial Herb. It is hot and dry in the first

Choller, venery, Degree, viz. Just as hot as your Blood, and no hotter:
provokes urin, It remedies the evils Choller can inflict on the Body of
Helps Sursets, Man by Sympathy. It helps the evils Venus and he
Swellings, Ap- wanton Girls produce by Antipathy: and it doth something
petite lost, else besides, It clenseth the Body of Choller (and who
yell. Jaundice, dares say Mars doth no good?) It provokes Urine, helps
Sursets,

Surfets, Swellings in the Belly; it causeth an Appetite to meat, because *Mars* rules the attractive faculty in Man: The Sun never shone upon a better Herb for the yellow Jaundice than this is: Why should men cry out so much upon *Mars* for an Infortune (or *Saturn* either?) Did God make Creatures to do the Creation a mischief? This Herb testifies that *Mars* is willing to cure al the Diseases he causes; the truth is, *Mars* loves no Cowards, nor *Saturn* Fools, nor I either. Take of the Flowers of Wormwood, Rosemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron, boyl this in Renish Wine, but put not in the Saffron til it is almost boyled: This is the way to keep a Mans Body in

Preserve
Health,
Terms
provokes,
Biting of
Rats and
Mice,
Mushrooms
wheals,
Pushes,
black and
blue
Spots,
Quinsie,
Eyes,

Health, appointed by *Camerarius*, in his Book intituled, *Hortus Medicus*, and 'tis a good one too. Besides al this, Wormwood provokes the Terms. ⁴I would willingly teach Astrologers, and make them Physitians (if I knew how) for they are most fitting for the Calling; if you wil not beleve me, ask Dr. *Hippocrates*, and Dr. *Galen*, a couple of Gentlemen that our Colledg of Physitians keep to vapor with, not to follow. In this one Herb I shal give the Pattern of a Rule to the Sons of Art, rough cast, yet as neer the truth as the men of *Benjamin* could throw a stone; whereby my Brethren of the Society of Astrologers may know by a Penny how a Shilling is coyned: (as for the Colledg of Physitians they are too stately to learn, and too proud to continue: They say a Mouse is under the Dominion of the *Moon*, and that's the reason they feed in the night: The House of the *Moon* is *Cancer*; (Rats are of the same nature with Mice, but that they are a little bigger.) *Mars* receives

his Fal in *Cancer*, Ergo Wormwood being an Herb of *Mars* is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the title of *Herba*, *Frutex*, or *Arbor*) are under the Dominion of *Saturn* (and take oue time with another they do as much harm as good:) if any have poyson'd himself by eating them, Wormwood an Herb of *Mars* cures him, because *Mars* is exalted in *Capricorn* the House of *Saturn*; and this it doth by Sympathy as it did the other by Antipathy. Wheals Pushes, black and blue spots coming either by Bruises or Beatings, Wormwood an Herb of *Mars* helps, because *Mars* (as bad as you love him, and as il as you hate him) wil not break your Head, but he'l give you a Plaister. If he do but teach you to know your selves, his Courtesie is greater than his Discourtesie. The greatest Antipathy between the Planets, is between *Mars* and *Venus*; one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moist; their Houses are opposite; one Masculine, the other Feminine; one publick, the other private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the field, the other the sheets: then the Throat is under *Venus*, the Quinsie lies in the Throat, and is an Inflammation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates al Diseases in the Throat by his Herbs (of which Wormwood is one) and send them to

Egypt on an errand never to return more : this by Antipathy. The Eyes are under the Luminaries ; the right Eye of a Man, and the left Eye of a Woman, the *Sun* claims Dominion over : The left Eye of a Man, and the right Eye of a Woman, are the priviledg of the *Moon*, Wormwood an Herb of *Mars* cures both ; what belongs to the *Sun* by Sympathy, because he is exalted in his House ; but what belongs to the *Moon* by Antipathy, because he hath his Fall in hers. Suppose a Man be bitten or stung by a Martial Creature, imagin a Wasp, a Hornet, or Scorpion, Wormwood an Herb of *Mars* gives you a present cure : Then *Mars* as biting or stinging by Chollerick as he is, hath learned that patience, to pass by your venomous evil speeches of him, and tels you by my Pen, That he gives you no Affliction but he gives you a Cure ; you need not run to *Apollo* nor *Asculapius* : and if he were so Chollerick as you make him to be, he would have drawn his Sword for anger to see the ill conditions of those people that can spy his Vices and not his Verrues. The Eternal God when he made *Mars*, made him for a publick good, and the Sons of Men shal know it in the latter end of the world. *Et solum Mars solus habet*. You say *Mars* is a Destroyer, mix a little Wormwood an Herb of *Mars* with your Ink, and neither Rats nor Mice wil touch the Paper is written with it, and then *Mars* is a Preserver. Astrologers say *Mars* causeth Scabs and Itch, and the Virgins are angry with him, because wanton *Venus* told them he deforms their Skin : But quoth *Mars*, my only desire is, they should know themselves ; my Herb Wormwood wil restore them to the Beauty they formerly had, and in that I wil not come an inch behind my opposite *Venus* ; for which doth the greatest evil, he that takes away an innate Beauty, and when he hath done, knows how to restore it again ? or she that teaches a company of wanton Lasses to paint their Faces ? If *Mars* be in the Virgin in a Nativity, they say he causes the Chollick, ('tis wel God hath set some body to pul down the pride of Man) He in the Virgin troubles none with the Chollick but them that know not themselves (for who knows himself may easily know al the World) Wormwood an Herb of *Mars* is a present cure for it : and whether it be most like a Christian to love him for his good, or hate him for his evil judg ye. I had almost forgotten that Charity thinks no evil : I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloathes (I can give them no other titie, for I was never neither Linnen or Woollen Draper) yet as brave as they looked, my opinion was, the Moaths might consume them (yea *Henry* the Eighth his Codpiece.) Moaths are under the Dominion of *Mars*, his Herb Wormwood being laid amongst Cloathes wil make a Moath scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or an Eagle a Fly. You say *Mars* is angry, and 'tis true enough, he is angry with my Country men for being such Fools to be led by the Noses by the Colledg of Physitians as they lead Bears to Paris-Garden. Melancholly Men cannot endure to be wrong'd in point of good name, and that hath sorely troubled old *Saturn*, because they called him the greatest Infortune : In the Body of Man he rules the Spleen, (and that

that makes Coverous men so Splenetick.) The poor old man lyes crying out of his left side, Father *Saturn's* angry, *Mars* comes to him, *Spleen.* come Brother, I confesse thou art evil spoken of, and so am I, thou knowst I have my exaltation in my House, I'll give him an Herb of mine, Wormwood, to cure the poor man; *Saturn* consented, but spoke but little, and so *Mars* cured him by Sympathy. When *Mars* was free from War (for he loves to be fighting, and is the best friend a Soldier hath) I say, when *Mars* was free from War he called a Councel of War in his own Brain to know how he should do poor sinful man good, (desiring to forget his abuses in being called an Infortune) He musters up his own Forces and places them in Battalia, Oh! quoth he, why do I hurt a poor silly Man or Woman? His Angel Answers him, 'Tis because they have offended their God. [Look back to Adam] Well, saies *Mars*, though they speak evil of me, I'll do good to them; Death's cold, my Herb shall heat them, They are full of ill Humors (else they would never have spoken ill of me) my Herb shall cleanse them and dry them: They are poor weak Creatures, my Herb shall strengthen them; they are dull witted, my Herb shall fortifie their Apprehensions; and yet amongst Astrologers, al this doth not deserve a good word; Oh! the Patience of *Mars*.

*Felix qui potuit rerum cognoscere causas
Inque domus superum scandere cura fuit.*

Oh! happy he that can the Knowledge gain,
To know th' eternall God made nought in vain.
To this I add.

*I know the reason causeth such a Dearth
Of Knowledge, 'tis because men love the Earth.*

The day *Mars* told me he met with *Venus*, and he asked her what the Reason was that she accused him for abusing Women, he never gave them the Pox, in the Dispute they sel out, and in anger parted, and *Mars* told me that his brother *Saturn* told him, that an Antevenerial French Pox. Medicine was the best against the Pox. Once a Month he meets with the *Moon*, *Mars* is quick enough of speech, and the *Moon* not much behind hand (neither are most Women) The *Moon* looks much after Children, and Children are much troubled with the worms she desired a Medicine of him, he bad her take his own Herb Worm-wood: He had no sooner parted with the *Moon* but he met with *Venus*, and she was as drunk as a Birch, Alas poor *Venus* quoth he What, thou a Fortune and be drunk? I'll give thee an Ampatherical Cure, take my Herb Wormwood: He had no sooner parted with the *Moon*, thou shalt never get a Surfet by drinking. A poor silly Countrey-man hath got an Ague and cannot go about his business, he wishes he had it not, and so do I, but I'll tel him a Remedy whereby he may prevent it. Take the Herb of *Mars* Worm-wood

Sight.

wood and if Infortunes will do good what wil Fortunes do ? Some say the Lungs are under *Jupiter*, and if the Lungs then the breath, and yet a man sometimes gets a stinking breath, and yet *Jupiter* is a Fortune forsooth; up comes *Mars* to him, come brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy Houses last night the one from *Aries* and the other from *Scorpio*, give me thy leave by Sympathy to cure the poor man by drinking a draught of Wormwood Beer every morning. The *Moon* was weak the other day, and she gave a man two terrible mischiefs, a dul Brain, and a weak sight, *Mars* layes by his sword and comes to her, Sister *Moon* saith he, This Man hath anger'd thee, but I beseech thee take notice he is but a Fool, prethee be patient; I wil with my Herb Wormwood cure him of both Infirmities by Antipathy, for thou knowst, thou and I cannot agree; with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens tongues) went away, and did it whether she would or no.

He that reads this and understands what he reads, he hath a Jewel more worth than a Diamond: He that understands it not, is as little fit to give Physick. There lyes a Key in these Words, which will unlock (if it be turned by a wise hand) the *Cabinet of Physick*: I have delivered it so plainly as I durst; 'tis not onely upon Wurmwood that I wrote, but upon all Plants Trees and Herbs: He that understands it not, is unfit in my Opinion) to give Physick. This shal live when I am dead; and thus I leave it to the World, not caring a halfpenny whether they like or dislike it. The Grave equals all men, and therefore shal equal me with the Princes, until which time the eternal Providence is over me; then the il tongue of a prating Priest, or of one who hath more Tongue then wit, or more Pride than Honesty, shal never trouble me. Wisdom is justified of her Children; and so much for *Wormwood*.

Yarrow, called also Nosebleed, Mistle, and Thousand Leaf.

Descript.] It hath many long Leavs spread upon the ground and finely cut and divided into many smal parts: Its Flowers are white but not al of a whiteneß, and staid in knots, upon divers green Stalks which rise from among the Leavs.

Place.] It is frequent in all Pastures.

Time.] It Flowreth late even in the latter end of *August*.

Government and Vertues. [It is under the influence of *Venus*. An Oyntment of them cures Wounds and is most fit for such as have Inflammations, it being an Herb of Dame *Venus*; It stops the Terms in Women being boyled in white Wine and the Decoction drunk, as also the Bloody Flux; the Oyntment of it is not onely good for green Wounds, but also for Ulcers and Fistulaes, especially such as be bound with moisture; It stayes the shedding off of Hair, the Head being bathed with the Decoction of it; inwardly

Wounds, Inflammations, Terms stops, Bloudy Flux, Baldness Ulcers, Fistulaes, Retentive, Faculty, Running of the

Reins, Whites, wardly taken it helps the retentive faculty of the Stomach,
Diabetes; it helps the running of the Reins in men, and the whites in
Toothach. Women, and helps such as cannot hold their Water; and
 the Leavs chewed in the Mouth ease the Toothach; and
 these Vertues being put together shew the Herb to be drving and binding.
Achilles is suppoled to be the first that left the Vertues of this Herb to posterity, having learned them of his Master *Chyron* the Cenature, and certainly a very profitable Herb it is in the Camp, & perhaps therefore called *Militaria*.



D I R E C T I O N S.

HAVING in divers places of this Treatise promised you the way of making Syrups, Conservees, Oyls, Oyntments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your use at such times when otherwise they cannot be had: I come now to perform what I Promised, and you shal find me rather better, than worse than my word.

That this may be done Methodically I shal divide my Directions into Two grand Sections, and each Section into several Chapters, and then you shal see it look with such a Countenance as this is.

Sect. 1.

*Of gathering, drying, and
 keeping Simples and
 their Juyces.*

Chap. 1. Of Leaves of Herbs &c.

Chap. 2. Of Flowers,

Chap. 3. Of Seeds.

Chap. 4. Of Roots.

Chap. 5. Of Barks.

Chap. 6. Of Juyces.

Sect. 2.

*Of making, and keeping
 Compounds.*

Chap. 1. Of Distilled Waters.

Chap. 2. Of Syrups.

Chap. 3. Of Juleps.

Chap. 4. Of Decoctions.

Chap. 5. Of Oyls.

Chap. 6. Of Electuaries.

Chap. 7. Of Conservees.

Chap. 8. Of Preservees.

Chap. 9. Of Lohochs.

Chap. 10. Of Oyntments.

Chap. 11. Of Plaisters.

Chap. 12. Of Pultrisses.

Chap. 13. Of Troches.

Chap. 14. Of Pills.

Chap. 15. The way of fitting Medicines to Compound Diseases.

Of all these in order.

S E C T.

S E C T. I.

The way of gathering, drying, and preserving
Simples and their Juyces.

Chap. 1. Of Leaves of Herbs, or Trees.

OF Leavs, Chuse only such as are green and full of Juyce, pick them carefully, and cast away such as are any way declining, for they will putrifie the rest, so shal one handful be worth ten of those you buy in *Cheap side*.

2. Note in what place they most delight to grow in, and gather them there, for Bettony that grows in the shadow is far better than that which grows in the Sun, because it delights in the shadow: So also such Herbs as delight to grow neer the Water let such be gathered as grow neer the Water, though happily you may find some of them upon dry ground: The Treatise will inform you where every Herb delights to grow.

3. The Leavs of such Herbs as run up to Seed, are not so good when they are in Flower, as before (some few excepted, the Leavs of which are seldom or never used) In such cases, if through ignorance they were not known, or through negligence forgotten, you had better take the top and the Flower than the Leaf.

4. Dry them wel in the Sun, and not in the shadow as the swing of Physicians is, for if the Sun draw away the Vertues of Herbs, it must needs do the like by Hay by the same Rule, which the Experience of every Country Farmer will explode for a notable piece of non-sense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise, Let the Planet that governs the Herb be Angular, and the stronger the better; if they can in Herbs of Saturn, let Saturn be in the Ascendent; in the Herbs of Mars, let Mars be in the Mid-heaven, for in those Houses they delight; let the Moon apply to them by good Aspect, and let her not be in the Houses of their Enemies: if you cannot wel stay til she apply to them, let her apply to a Planet of the same Triplicity; if you cannot weight that time neither, let her be with a fixed Star of their Nature.

6. Having wel dried them, put them up in brown Papers, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry place neer the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authors prate their pleasures: For,

First, Such as grow upon dry grounds will keep better than such as grow on moist.

Secondly, Such Herbs as are full of Juyce will not keep so long as such as are dryer.

Thirdly,

Thirdly, such Herbs as are wel dried will keep longer then such as are ill dried.

Yet this I say, by this you may know when they are corrupted, *Viz.* By their loss of colour, or smel, or both, and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those people that take them.

8. Gather all Leaves in the the hour of that Planet that governs them.

Chap. 2. Of Flowers.

1. **T**HE Flower which is the beauty of the Plant, and of none of the least use in Physick, groweth yearly, and it is to be gathered when it is in its prime.

2. As for the time of gathering them, let the Planetary hour, and the Plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the time of the day let it be when the Sun shines upon them that so they may be dry, for if you gather either Flowers when they are wet or dewy, they wil not keep, and this I forgot before.

3. Dry them wel in the Sun, and keep them in Papers near the fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their colour and smel they are good, either of them being gone so is the Vertue also.

Chap. 3. Of Seeds.

1. **T**HE Seed is that part of the Plant which is endued with a vital faculty to bring forth its like, & it contains potentially the whole Plant in it.

2. As for place let them be gathered from the Plants where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the Celestiall Harmony before mentioned, for I have found by experience that their Vertues are twice as great at such times than others: There is an appointed time for every thing under the Sun.

4. when you have gathered them dry them a little, and but a little in the Sun before you lay them up.

5. You need be so carefull of keeping them so near the fire as the other before mentioned, because they are fuller of Spirit, and therefore not so subject to corrupt.

6. As for the time of their duration 'tis palpable they wil keep good many years, yet this I say, they are best the first year, and this I make appear by a good Argument, They wil grow soonest the first year they be set, therefore then are they in their prime, and 'tis an easie matter to renew them yearly.

Chap. 4. Of Roots.

1. **O**F Roots chuse such as are neither rotten nor wormeaten, but proper in their taste, colour, and smel, such as exceed neither in so finest hardness.

1. Give me leave to be a little critical against the Vulgar received Opinion, which is, that the Sap falls down into the Root in Autumn, and rises again in Spring, as men go to Bed at night and rise in the morning; and this idle tale of untruth is so grounded in the Heads not onely of the Vulgar but also of the Learned, that a man cannot drive it out by reason: I pray let such Sap-mongers answer me to this Argument, If the Sap fall into Root in the fall of the Leaf, and lye there all the Winter, then must the Root grow onely in the Winter, as experience witnesseth, but the Root grows not at all in the Winter, as the same experience teacheth, but onely in the Summer. *Ergo,*

If you set an apple Kernel in the Spring, you shal find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: What doth the Sap do in the Root all that while; pick straws? For God's sake build not your faith upon Tradition, 'tis as rotten as a rotten Post.

The truth is, when the Sun declines from the Tropick of Cancer, the Sap begins to congeal both in Root and branch, when he toucheth the Tropick of Capricorn and ascends to us ward, it begins to wax thin again, and by degrees as it congealed: But to proceed.

3. The dryer time you gather your Roots in, the better they are, for they have the less excrementious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney corner upon a string; as for such as are hard you may dry them any where.

5. Such Roots as are great will keep longer then such as are small, yet most of them will keep a year.

6. Such Roots as are soft it is your best way to keep them always near the fire, and take this general Rule for it, If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shal especially in the Winter time (for 'tis your best way to look to them once a month) dry them by a very gentle fire, or if you can with convenience keep them near the fire, you may save your self the labor.

7. It is in vain to dry such Roots as may commonly be had, as Parsly, Fennel, Plantane, &c. but gather them onely for present need.

Chap. 5. Of Barks.

1. **B**ARKS which Physitians use in Medicines are these sorts, Of Fruits, of Roots, of Boughs.

2. The Barks of Fruits is to be taken when the Fruit is full ripe, as Oranges, Lemmons, &c. but because I have nothing to do with Exoticks here I shal pass them without any more words.

3. The Barks of Trees are best gathered in the Spring, if it be of great Trees, as Oakes or the like, because then they come easiest off, and so you may dry them if you please, but indeed your best way is to gather all Barks onely for present use.

4. As for the Bark of Roots, 'tis this, and thus to be gotten, Take the

Roots of such Herbs as have a pith in them, as Parsly, Fennel, &c. slice them in the middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark and indeed is only to be used.

Chap. 6. Of Juyces.

1. Juyces are to be pressed out of Herbs when they are young and tender, and also out of some Stalks, and tender tops of Herbs and Plants, and also out of some Flowers.

2. Having gathered your Herb you would preserve the Juyce of, when it is very dry (for otherwise your Juyce will not be worth a Button) bruise it very wel in a stone Mortar with a wooden Pestle, then having put it into a Canvas Bag (the Herb I mean, not the Mortar, for that will yeeld but little Juyce) press it hard in a press, then take the Juyce and clarify it.

3. The manner of clarifying of it is this, put it into a Pipkin or skillet, or some such thing, and set it over the fire, and when the scum riseth, take it off let it stand over the fire till no more Scum rise, then have you your Juyce clarified, cast away the Scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

First, When it is cold put it into a Glass, and put so much Oyl on it as wil cover it the thickness of two fingers, the Oyl wil swim at top, and so keep the Air from coming to it to putrifie it; when you intend to use it, do no more but so, powr out into a Porringer, a little more then you intend to use, and if any Oyl come out with it (as if the Glass be not full 'tis a hundred to one if there do) you may easily scum it off with a Spoon, and put the Juyce you use not into the Glass again it wil quickly sink under the Oyl: This is the first way.

Secondly, the second way is a little more difficult, and the Juyce of Fruits is usually preserved this way, when you have clarified the Juyce as before, boil it over the fire, til (being cold) it be of the thickness of Honey, this is most commonly used for Diseases of the Mouth, and is called *Rob* and *Sapa*.

And thus much for the first Section, the Second follows.

SECT. II.

The way of making and keeping all necessary Compounds.

Chap. 1. Of Distilled waters.

Hitherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly call Simples, though something improperly, for indeed and in truth, nothing is simple but the pure

pure Elements; all things else are compounded of them: We come now to treat of the Artificial Medicines, in the front of which (because we must begin somewhere) we place Distilled Waters; in which consider.

1. Waters are distilled out of Herbs, Flowers, Fruits, and Roots.
2. We treat not of strong Waters but of cold, as being to Aet Galen's Part and not Paracelsus.

3. The Herbs ought to be distilled when they are in their greatest vigor and so ought the Flowers also.

3. The vulgar way of Distillation which people use, because they know no better, is in a Peuter Still, and although Distilled Waters are the weakest of all Artificial Medicines, & good for little unless for mixtures of other Medicines, yet this way distilled they are weaker by many degrees than they would be, were they distilled in Sand: If I thought it not impossible to teach you the way of distilling in Sand by writing, I would attempt it.

5. When you have distilled your Water put it into a Glass, & having bound the top of it over with a Paper pricked full of holes, that so the excrementitious and fiery vapors may exhale (which indeed are they that cause that settling in distilled Waters called the Mother, which corrupts the Waters and might this way be prevented) cover it close and keep it for your use.

6. Stopping distilled Waters with a Cork makes them musty, and so will a Paper also if it do but touch the Water, your best way then is to stop them with a Bladder, being first wet in Water, and bound over the top of the Glass.

Such cold Waters as are distilled in a Peuter Still (if well kept) will endure a year, such as are distilled in Sand, as they are twice as strong, so will they endure twice as long.

Chap. 2. Of Syrups.

1. **A** Syrup is a Medicine of a Liquid form, composed of Infusion, Decoction and Juice: And 1. for the more grateful tast. 2. For the better keeping of it, with a certain quantity of Honey or Sugar; hereafter mentioned boiled to the thicknesse of new Honey.

2. You see at the first view that this Aphorisme divides it self into three Branches, which deserves severally to be treated of, viz,

1. Syrups made by Infusion.

2. Syrups made by Decoction.

3. Syrups made by Juice.

Of each of these (for your Instructions sake kind Country men and women) I speak a word, or two or three apart.

First, Syrups made by Infusion are usually made of Flowers, and of such Flowers, as soon loose both colour and strength by boyling, as Roses Violets, Peach-Flower- &c. My Translation of the *London Dispensatory* will instruct you in the rest: They are thus made, having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will for it is all one) of Spring Water made boyling hot by the fire, first put your Flowers in a Peuter Pot with a cover, then pour the Water to them,

then shutting the Pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach-Flowers, &c. The usuall and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor diverse times that so it may be the stronger) having strained it out put the Infusion into a Peuter Bason, or an Earthen one well glassed, and to every pint of it, ad two pound of fine Sugar, which being only melted over the fire without boiling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by Decoction are usually used of Compounds, yet may any Simple Herb be thus converted into Syrup; Take the Herb, Root or Flower you would make into Syrup and bruise it a little, then boyl it in a convenient quantity of Spring Water, the more water you boyl in it the weaker wil it be, a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boyl it till half the Water be consumed, then let it stand til it be almost cold, and strain it (being almost cold) through a woollen cloath, letting it run out at leisure without pressing, to every pint of this Decoction ad one pound of Sugar and boyl it over the fire til it come to a Syrup, which you may know if you now and then cool a little of it in a Spoon scum it all the while it boyls, and when it is sufficiently boyled: whilst it is hot strain it again through a Woollen cloth, but presse it not; thus have you the Syrup perfected.

Thirdly, Syrups made of Juyces are usually made of such Herbs as are full of Juyce, and indeed they are better made into a Syrup this way than any other; the Operation is thus, having beaten the Herb in a stone Mortar with a wooden Pestle, presse out the Juyce and clarifie it as you were taught before in the Juyces, then let the Juyce boyl away til a quarter of it (or near upon) be consumed, to a pint of this ad a pound of Sugar, and boyl it to a Syrup, always scumming it, and when it is boyled enough, strain it through a woollen cloath as we taught you before, and keep it for your use.

3. If you make Syrups of Roots that are any thing hard, as Parsley, Fennel, and grasse Roots, &c. when you have bruised them, lay them in steep sometime in that Water which you intend to boyl them in, hot, so will the Vertue the better come out.

4. Keep your Syrups either in Glasses or stone Pots, and stop them not with Cork, nor Bladder, unless you would have the Glas break and the Syrup lost; and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind a Paper about the mouth.

5. All Syrups if well made will continue a year, with some advantage yet of all, such as are made by Infusion keep the least while.

Chap. 3. Of Juleps.

1. Juleps were first invented as I suppose in *Arabia*, and my reason is, because the word *Juleb* is an Arabick word.

2. It signifies only a pleasant Potion, and was vulgarly used (by such as were sick and wanted help, or such as were in health, and wanted no money) to quench thirst.

3. Now

3. Now a daies 'tis commonly used,

- 1 To prepare the Body for Purgation
- 2 To open Obstructions, and the Pores.
- 3 To digest tough Humors.
- 4 To qualifie hot distempers, &c.

4. It is thus made (I mean Simple Juleps, for I have nothing to say to Compounds here; al Compounds have as many several Idca's as men have Crotchets in their Brain) I say Simple Juleps are thus made: Take a pint of such distilled Water as conduceth to the Cure of your distemper, which this Treatise wil plentifully furnish you withal, to which ad two Ounces of Syrup conducing to the same effect (I shal give you Rules for it in the last Chapter) mix them together, and drink a draught of it at your pleasure; If you love tart things, ad ten drops of Oyl of Vitrol to your pint, and shake it together, and it wil have a fine grateful tast.

5. Al Juleps are made for present use, and therefore it is in vain to speak of their duration.

Chap 4. Of Decoctions.

1. **A**L the difference between Decoctions, and Syrups made by Decoction, is this, Syrups are made to keep, Decoctions only for present use; for you can hardly keep a Decoction a week any time, if the weather be hot, not half so long.

2. Decoctions are made of Leavs, Roots, Flowers, Seeds, Fruits, or Barks, conducing to the Cure of the Disease you make them for; in the same manner are they made as we shewed you in Syrups.

3. Decoctions made with Wine last longer than such as are made with Water, and if you take your Decoction to cleanse the Passages of Urine, or open Obstructions, your best way is to make it with white Wine instead of Water, because this is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the Passages of the Body, as the Stomach, Bowels, Kidneys, Passages of Urine, and Bladder, because Decoctions pass quicker to those places than any other form of Medicines.

5. If you wil sweeten your Decoction with Sugar, or any Syrup, fit for the occasion you take it for, which is bitter, you may and no harm done.

6. If in a Decoction you boyl both Roots, Herbs, Flowers, and Seeds together, let the Roots boyl a good while first, because they retain their vertue longest; then the next in order by the same Rule, viz. 1. Barks, 2. the Herbs, 3. the Seeds, 4. the Flowers, 5. the Spices if you put any in, because their vertues comes soonest out.

7. Such things as by boyling cause sliminess to a Decoction, as Figs, Quince-seeds, Linseed, &c. your best way is, after you have bruised them, to tie them up in a linnen rag, as you tie up a Calves Brains, and so boyl them.

8. Keep al Decoctions in a Glas close stopped, and in the cooler place you keep them, the longer wil they last ere they be sour.

Lastly, The usual Dose to be given at one time, is usually two, three, four, or five ounces, according to the age and strength of the Patient, the season of the year, the strength of the Medicine, and the quality of the Disease.

Chap. 5. Of Oyls.

1. **O**YL Olive, which is commonly known by the name of Sallet Oyl, I suppose because it is usually eaten with Sallets by them that love it; If it be pressed out of ripe Olives, according to *Galen* is temperate, and exceeds in no one quality.

2. Of Oyls, some are Simple, and some are Compounds.

3. Simple Oyles are such as are made of Fruits or Seeds, by expression, as Oyl of sweet and bitter Almonds, Linseed, and Rapeseed Oyl, &c. of which see my *Dispensatory*.

4. Compound Oyls are made of Oyl of Olives and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this, Having bruised the Herbs or Flowers you would make your Oyl of, put them in an earthen pot, and to two or three handfuls of them powr a pint of Oyl, cover the pot with a paper, and set it in the Sun, about a fortnight or less according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herbs, &c. very hard in a press, and ad as many more Herbs to the same Oyl, bruised (the Herbs I mean not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this, the stronger wil your Oyl be; at last when you conceive it strong enough, boyl both Herbs and Oyl together til the Juyce be consumed, which you may know by its leaving its bubbling, and the Herbs wil be crisp, then strain it, whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The General use of these Oyls is for pain in the Limbs, roughness of the skin, the itch, &c. as also for Oyntments and Plaisters.

8. If you have occasion to use it for Wounds or Ulcers, in two ounces of Oyl, dissolve half an ounce of Turpentine, the heat of the fire wil quickly do it, for Oyl it self is offensive to Wounds, and the Turpentine qualifies it.

Chap. 6. Of Eleſtuaries.

Phyſitians makes more a quail then needs behalf about Eleſtuaries: I ſhal preſcribe but one general way of making them up; as for the ingredients you may vary them as you pleaſe, and according as you find occaſion by the laſt Chapter.

1. That you may make Eleſtuaries when you need them, it is requiſite that you keep alwayes Herbs, Roots, Seeds, Flowers, &c. ready dried in your Houſe, that ſo you may be in readineſs to beat them into powder when you need them.

2. Your better way is to keep them whole than beaten, for being beaten they

they are the more subject to lose their strength, because the Air soon penetrates them.

3 If they be not dry enough to beat into Pouder when you need them, dry them by a gentle fire til they are so.

4 Having beaten them, sift them through a fine Tiffany Searce, that so there may be no great pieces found in your Electuary.

5 To one ounce of your Pouder, ad three ounces of clarified Honey; this quantity I hold to be sufficient : I confess Authors differ about it. If you would make more or less Electuary, vary your proportions accordingly.

6 Mix them wel together in a Mortar, and take this for a truth; You cannot mix them too much.

7 The way to clarify Honey, is to set it over the fire in a convenient vessel til the scum arise, and when the scum is taken off, it is clarified.

8 The usual dose of Cordial Electuaries, is from half a dram to two drams; of Purging Electuaries, from half an ounce to an ounce.

9 The manner of keeping them is in a Por.

10 The time of taking them, is either in the morning fasting, and fasting an hour after them; or at night going to bed, three or four hours after Supper.

Chap. 7. Of Conserves.

1. **T**He way of making Conserves is Two-fold, one of Herbs and Flowers, and the other of Fruits.

2. Conserves of Herbs and Flowers are thus made: If you make your Conserves of Herbs, as of Scurvy-grass, Wormwood, Rue, or the like take only the Leaves and tender tops (for you may beat your heart out before you can beat the Stalks smal) and having beaten them, weigh them and to every pound of them ad three pound of Sugar, beat them very wel, together in a Mortar, you cannot beat them too much.

3. Conserves of Fruits, as of Barberries, Sloes, and the like, is thus made: First scald the Fruit, then rub the Pulp through a thick hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and ad to it its weight of Sugar and no more, put it in a Peuter Vessel, and over a Charcoal fire stir it up and down til the Sugar be melted, and your Conserve is made.

4. Thus have you the way of making Conserves; the way of keeping of them, is in Earthen Pots.

5. The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they be purging) when you please.

6. Of Conserves, some keep many yeers, as Conserves of Roses; others but a year, as Conserves of Borrage, Bugloss, Cowslips, and the like.

7. Have a care of the working of some Conserves presently after they are made, look to them once a day, and stir them about; Conserves of Borrage, Bugloss, and Wormwood have gotten an excellent faculty at that sport.

8. You may know when your Conserves are almost spoiled by this, You shal find a hard crust at top with little holes in it, as though Worms had been eating there.

Chap. 8. Of Preserves.

OF Preserves are sundry sorts, and the Operations of al being something different we wil handle them al apart.

There are preserved with Sugar,

- 1 *Flowers.*
- 2 *Fruits,*
- 3 *Roots.*
- 4 *Barks.*

1. Flowers are but very seldom preserved, I never saw any that I remember, save only Cowslip Flowers, and that was a great fashion in *Suffex* when I was a Boy: It is thus done, first, Take a flat Glasse, we cal them Jar Glasses, strew in a lain of fine Sugar, on that a lain of Flowers, on that another lain of Sugar, on that another lain of Flowers, do so til your Glasse be ful; then tie it over with a Paper, and in a little time you shal have very excellent and pleasant Preserves.

There is another way of Preserving Flowers, namely with Vinegar and Salt, as they pickle Capers and Broom Buds, but because I have little skil in it my self I cannot teach you.

2. Fruits, as Quinces and the like, are preserved two waies.

First, Boyl them wel in Water, and then pulp them through a Sieve as we shewed you before; then with the like quantity of Sugar boyl the Water they were boyled in to a Syrup, viz. A pound of Sugar to a pint of Liquor; to every pound of this Syrup ad four ounces of the Pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough it wil not stick to your fingers when it is cold.

Secondly, Another way to preserve Fruits is this: First, pare off the rind, then cut them in halves and take out the Core; then boyl them in Water til they are soft, if you know when Beef is boyled enough, you may easily know when they are; then boyl the Water with its like weight of Sugar into a Syrup, put the Syrup into a Pot, and put the boyled Fruit as whol as you left it when you cut it into it, and let it so remain til you have occasion to use it.

3. Roots are thus preserved: First, scrape them very clean, and cleanse them from the Pith if they have any, for some Roots have not, as *Eringo* and the like; boyl them in Water til they be soft, as we shew you before in the Fruits, then boyl the Water you boyled the Roots in into a Syrup as we shewed you before, then keep the Root: whol in the Syrup til you use them.

4. As for Barks we have but few come to our hands to be done, and thote of those few that I can remember, are *Orranges*, *Lemmons*, *Citrons*, and the outer Bark of *Walnuts* which grows without the Shel, for the Shels themselves would make but scurvy Preserves: these be they I can remember, if there be any more put them into the Number.

The way of preserving these is not al one in Authors, for some are bitter, some are not; such as are bitter, say Authors, must be soaked in warm Water,

ter, often times changed til their bitter tast be fled; but I like not this way, and my reason is this, because I dout when their bitterness is gone, so is the Vertue also: I shal then prescribe one common way, namely the same with the former, viz First boyl them whol til they be soft, then make a Syrup with Sugar and the Liquor you boyled them in, and keep the Barks in the Syrup.

5. They are kept in Glasses, or glassed Pots.

6. The preserved Flowers wil keep a year if you can forbear eating of them; the Roots and Barks much longer.

7. This Art was plainly and cleerly at first invented for delicacy, yet came afterwards to be of excellent use in Physick: For,

First, Hereby Medicines are made pleasant for sick and queazy Stomachs, which else would loath them.

Secondly, Hereby they are preserved from decaying a long time.

Chap. 9. Of Lohochs.

1. **T**Hat which the Arabians cal *Lohoch*, and the Greeks *Eclegma*, the Latins cal *Linctus*, and in plain English, signifies nothing else, but a thing to be licked up.

2 Their first invention was, to prevent and remedy afflictions of the Breast and Lungs, to cleanse the Lungs of flegm, and make it fit to be cast out.

3 They are in Body thicker than a Syrup, and not so thick as an Electuary.

4 The manner of taking them, is often to take a little with a Liqueur stick, and let it go down at leisure.

5 They are easily thus made: Make a Decoction of any Pectoral Herbs, the Treatise wil furnish you with enough, and when you have strained it, with twice its weight of Honey or Sugar, boyl it to a Lohoch: If you are molested with tough flegm, Honey is better than Sugar, and if you ad a little Vinegar to it you wil do wel, if not, I hold Sugar to be better than Honey.

6 It is kept in Pots, and may be kept a yeer and longer.

7 Its use is excellent for roughness of the Windpipe, Inflammations of the Lungs, Ulcers in the Lungs, difficulty of Breath, Asthmaes, Coughs and distillation of Humors.

Chap. 10. Of Oyntments.

1 **V**ARIOUS are the waies of making Oyntments which Authors have left to posterity, which I shal omit, and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sakes I write this: It is thus done,

Bruise those Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfuls of your bruised Herbs ad a pound of Hogs Grease tried, or cleansed from the Skins, beat them very wel together in a stone Mortar with a wooden Pestle, then put it in a stone Pot (the Herbs and Grease I mean,

mean, not the Mortar) cover it with a paper, and set it either in the Sun, or some other warm place, three, four, or five daies, that it may melt; then take it out and boyl it a little, then whilst it is hot, strain it out, pressing it out very hard in a Press, to this Grease ad as many more Herbs bruised as before, let them stand in like manner as long, then boyl them as you did the former; if you think your Oyntment be not strong enough you may do it the third and fourth time; yet this I tel you, the fuller of Juyce your Herbs are, the sooner wil your Oyntment be strong: the last time you boyl it, boyl it so long til your Herbs be crisp and the Juyce consumed, then strain it, pressing it hard in a Press, and to every pound of Oyntment ad two ounces of Turpentine, and as much Wax, because Grease is offensive to Wounds as wel as Oyl.

2 Oyntments are vulgarly known to be kept in Pots, and wil last above a yeer, above two yeer.

Chap. 11. Of Plaisters.

1 **T**HE Greeks made their Plaisters of divers Simples, and put Mettals in most of them, if not in al; for having reduced their Mettals into Pouder, they mixed them with that fatty substance whereof the rest of the Plaister consisted, whilst it was yet hot, continually stirring it up and down lest it should sink to the bottom; so they continually stirred it til it was stiff; then they made it up in Rols, which when they need for use they could melt by the fire again.

2 The Arabians made up theirs with Meals, Oyl, and Fat, which needed not so long boyling.

3 The Greeks Emplaisters consisted of these Ingredients: Mettals, Stones, divers sorts of Earth, Feces, Juyces, Liquoris, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

Chap. 12. Of Pultisses.

1 **P**ULTISSES are those kind of things which the Latins call *Cataplasmata*, and our learned Fellows, that if they can read English that's all, cal them *Cataplasms*, because 'tis a crabbed word few understand; it is indeed a very fine kind of Medicine to ripen Sores.

2 They are made of Herbs and Roots fitted to the Disease and Member afflicted, being chopped smal and boyled in Water almost to a Jellv, then by adding a little Barley Meal, or Meal of Lupines, and a little Oyl, or rough Sheep Suet, which I hold to be better, spread upon a cloath and applied to the grieved place.

3 Their use is to ease pains, to break Sores, to cool Inflammations, to dissolve hardness, to ease the Spleen, to concoct Humors, to dissipate swellings.

4 I beseech you take this Caution along with you, Use no Pultisses (if you can help it) that are of a heating Nature, before you have first cleansed the Body, because they are subject to draw the Humors to them from every part of the Body.

Chap. 13. Of Troches.

1 **T**He Latins cal them *Placentule*, or little Cakes (and you might have seen what the Greeks cal them too, had not the last Edition of my *Lonc's Dispensatory* been so hellishly printed; that's al the Commonwealth get by one Stationers printing anothers Copies, viz. To plague the Country with false Prints, and disgrace the Author) the Greeks *τροχιόποι*, *κυκλίσκοι*, and *άρτισκοι*; they are usually little, round, flat Cakes, or you may make them square if you wil.

2 Their first invention was, that Pouders being so kept might resist the intromission of Air, and so endure pure the longer.

3 Besides, They are the easier carried in the pockets of such as travel: Many a man (for example) is forced to travel whose Stomach is too cold, or at least not so hot as it should be, which is most proper, for the Stomach is never cold til a man be dead; in such a case 'tis better to carry Troches of Wormwood, or of Galanga, in a paper in his pocket, and more convenient behalf than to lug a Galli-pot along with him.

4 They are thus made: At night when you go to bed, Take two drams of fine Gum Tragacanth, put it into a Galli-pot, and put half a quarter of a pint of any distilled Water fitting the purpose you would make your Troches for, to it, cover it, and the next morning you shal find it in such Gelly as Physicians cal Muffilage; with this you may (with a little pains taking) make any Pouders into Past, and that Past into little Cakes called Troches.

5 Having made them, dry them wel in the shadow, and keep them in a Pot for your use.

Chap. 14. Of Pills.

1 **T**hey are called *Pilule*, because they resemble little Bals; the Greeks cal them *Catapotia*.

2 It is the Opinion of Modern Physicians, That this way of making up Medicines, was invented only to deceive the Pallat, that so by swallowing them down whol, the bitterness of the Medicine might not be perceived, or at least it might not be unsufferable; and indeed most of their Pills, though not al, are very bitter.

3 I am of a clean contrary Opinion to this: I rather think they were done up in this hard form, that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon Fancy nor Hear-say. The first invention of Pills was to purge the Head: now as I told you before, such infirmities as lay neer the passages were best removed by Decoctions, because they pass to the grieved part soonest; so here, If the infirmity lie in the Head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to cal the offending Humor to them.

4 If I should tel you here a long Tale of Medicines working by Sympathy and Antipathy, you would not understand a word of it, they that are fit to make Physicians may find it in the Treatise: All Modern Physicians know

know not what belonged to a Sympathetical Cure, no more than a Cuckoo knows what belongs to Flats and Sharps in Musick, but follow the vulgar road, and call it, a Hidden Quality, because 'tis hid from the Eyes of Dunces; and indeed none but Astrologers can give a reason of it, and Physick without Reason is like a Pudding without Fat.

5 The way to make Pils is very easie, for with the help of a Pestle and Morter, and a little diligence, you may make any Pouder into Pils, either with Syrup or the Jelly I told you of before.

Chap. ult. *The way of mixing Medicines according to the Cause of the Disease and part of the Body afflicted.*

THis being indeed the Key of the Work, I shal be something the more diligent in it: I shal deliver my self thus,

1 *To the Vuglar.*

2 *To such as study Astrologic, or such as study Physick Astrologically.*

First, to the Vulgar: Kind Souls, I am sorry it hath been your hard mishap to have been so long trained in such Egyptian darkness, even darkness which to your sorrows may be felt: The vulgar Road of Physick is not my Practice, and I am therefore the more unfit to give you advice; and I have now pulished a little * Book which wil fully instruct you, not only in the knowledg of your own Bodies, but also in fit Medicines to remedy each part of it when afflicted; mean season take these few Rules to stay your Stomachs.

1 With the Disease, regard the Cause, and Part of the Body afflicted: for example, Suppose a Woman be subject to miscarry through Wind, thus do,

1 Look [*Abortion*] in the Table of Diseases, and you shal be directed by that how many Herbs prevent Miscarriage.

2 Look [*Wind*] in the same Table, and you shal see how many of those Herbs expel Wind.

These are the Herbs Medicinal for your Grief.

2 In al Diseases strengthen the part of the Body afflicted.

3 In mixed Diseases there lies some difficulty, for sometimes two parts of the Body are afflicted with contrary Humors the one to the other; sometimes one part is afflicted with two contrary Humors, as sometimes the Liver is afflicted with Choller and Water, as when a man hath both a Dropsie and the yellow Jaundice, and this is usually mortal.

In the former, suppose the Brain be too cold and moist, and the Liver too hot and dry, thus do,

1 Keep your Head outwardly warm.

2 Accustom your self to smel of hot Herbs.

3 Take a Pil that heats the Head at night going to Bed.

4 In the morning take a Decoction that cools the Liver, for that quickly passeth the Stomach, and is at the Liver immediately.

You must not think (Courteous People) that I can spend time to give you examples of al Diseases; these are enough to let you see so much light as you without Art are able to receive: If I should set you to look upon the Sun I should dazle your Eyes, and make you blind.

Secondly,

Secondly, To such as study Astrology (who are the only men I know that are fit to study Physick, Physick without Astrology, being like a Lamp without Oyl) You are the Men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my study) I shal give you, and an Example to shew the proof of them.

1 Fortifie the Body with Herbs of the Nature of the lord of the Ascendent, 'tis no matter whether he be a Fortune or an Infortune in this case.

2 Let your Medicin be something Antipathetical to the lord of the Sixth.

3 Let your Medicin be something of the Nature of the Sign ascending.

4 If the lord of the Tenth be strong, make use of his Medicines.

5 If this cannot wel be, make use of the Medicines of the light of time.

6 Be sure alwaies fortifie the grieved part of the Body by Sympathetical Remedies.

7. Regard the Heart, keep that upon the Wheels because the Sun is the Fountain of Life, and therefore those universal Remedies *Aurum potable*, and the Phylosophers Stone, cure al Diseases by only fortifying the Heart.

But that this may appear unto you as cleer as the Sun when he is upon the Meridian, I here quote you an example, which I performed when I was as far off from my Study as I am now, yet am I not ashamed the World should see how much or little of my Lesson I have learned without Book.

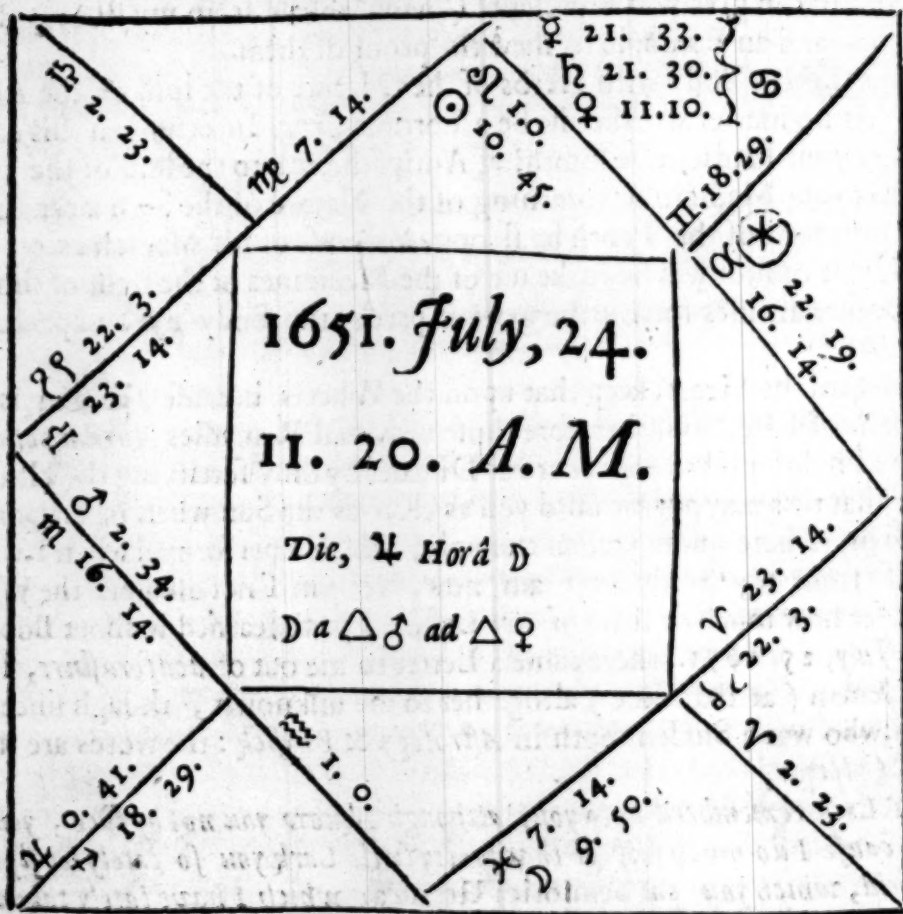
On July, 25. 1651. there came a Letter to me out of Bedfordshire, from a Gentleman (at that time) altogether to me unknown, though since wel known, who was a Student both in Astrology & Physick: the words are these,

M^r. Culpeper,

MY Love remembred unto you, although I know you not by face, yet because I do much respect that pretty little Lark you so lately let fly into the world, which you cal Semiotica Uranica, which I have lately taken into my Cage; I am therefore imboldened to write unto you in the behalf of a Neighbors Wife, who is taken with a violent Disease which began in the lower parts of her Body, but is now ascended upwards, and tormenteth her in her Breast, Throat, Tongue, and Lips: This Disease took possession of her (as she relateth to me) about a fortnight before Michaelmas last, but the certain day and hour she is not able to nominate; she sent for me, and enquired whether she were not under an ill Tongue or not, or of what nature the Disease was? I have sent you the inclosed Sbeam, I could find but one testimony of Fascination or Witchcraft, which was one Sign possessing the Cusps of the Twelfth and First Houses, which to me holds forth no more than a strong suspicion of the Quercit: However I am confident there is a Natural Disease which hurts much, because the Lord of the Sixth, which usually gives signification of Natural Diseases, is now placed in the Ascendent; but at present I forbear to make any large discourse of my own Opinions, bring desirous that you would endeavor your Skil in this Cure, for there is not a Doctor of them all far or neer that have been so skilful to find out the Disease, much less to effect the Cure. Sir, I expect your Answer; mean time bid you farewell, and remain yours in Affection, &c.

The

The inclosed Scheam.



My Answer to the Letter, was to this effect :

Sir,

I Received yours, July 25. wherein I find your enclosed Scheam, and (I suppose) the Nature of the Disease, and have sent you such an Answer as I could, being far from my Study, which I entreat you to take in good part, being Festinanti calamo Conscripta. As for the ignorance of your Country Doctors, they wanting the true Judgment of Astrologie, is to me no wayes admirable; I perceive you to be a yong man by the time of your Genesis, which you also sent me, beware whom ye trust with that, he that knows your Nativity knows when ill Directions operate, and if he be an enemy, knows when to do you a mischief; If Cecil had not had Essex his Nativity, he had never gotten his Head off; but to instruct you being a yong Student, I shal give you my Judgment Methodically.

[Diacritica.] You say you can find no Arguments of Witchcraft, but only one Sign possessing the Cusps of both Twelfth and Ascendent, but if you had regarded the Propinquity of Venus to Saturn, you would have made another of that, yet do not I think (he is bewitched, because of other more prevalent testimonies;

stimonies; the Moon passing from the beams of Mars to the beams of Venus, may seem to give some suspicion of Honesty, and the Disease to come that way, which is encreased by Mars his being in the Ascendent in Scorpio, and the Dragons Tayl upon the Cusp, yet I can hardly beleeeve this, for Cauda in a humane Sign usually gives slanders and not tales of Truth; 'tis a hundred to one if she suffer not in point of good name by the vulgar [this was too true] Besides, the nearness of Venus to Saturn may wel shew trouble of Mind, and it being in the Ninth House, pray enquire whether she have not been troubled about some Tenents in Religion [the trouble of mind was true, but it was about a stranger, which the Ninth House also signifies.]

Diagnostica.] Venus, Lady of the Twelfth, and Ascendent, and Eighth, shews her alwayes to be her own foe in respect of Health; and truly I beleeeve the originol of the Disease was a Surfet either by eating moist Fruits, or else by catching wet in travelling; Venus with Saturn who is in square to the Ascendent troubles her Breasts with tough Flegm and Melancholly: Besides, there being a most forcible reception between the Moon and Venus from fruitful signs, I question whether she be not with Child or not, the Moon being in the Fifth House, Mars is Lord of the Disease, really in the Scorpion, and accidentally in the Ascendent, together with Aries on the Sixt, shew the Disease keeps his Court in the Womb, and accidentally afflicts the Head from thence, so that heat of the Womb must needs be cause of the present distemper, and Mars in a moist Sign in the first neer the second, may wel denote heat, and breaking out about her Face and Throat.

Prognostica.] Whether she wil be Curable or not, or how, or when the Disease wil End, is our next Point? Truly I can see no danger of Death, the Moon being strong in her Hain, and applying by Trine with a strong reception to the Lady of the Ascendent; yet this is certain, Mars strong in a fixed sign wil maintain the Disease stoutly, her hopes wil be but smal when Venus comes to the Body of Saturn, viz. August. 2. for she wil be overpressed with Melancholly, the time I suppose of her Cure may be (if good courses be taken) when Mars leavs the Sign he is in, and comes to the place where the Body of Jupiter is, or at least then it may turn to another Disease more propitious: the Sun strong in the Tenth shews she may be Cured by Medicine, and he being exalted in the Seventh, and caput there, I do not know but you are as likely a man to do it, as any.

Indicationes Curativæ.] It is confessed here that the Sun being exceeding strong in the tenth House, should naturally signifie the curative Medicine, and as true that the evill of Mars, viz. Heat of the Womb, and a salt humor in the bloud ought to be removed before you meddle with the tough Flegm in the Breast, but yet seeing the Disease seems rather to participate of offending heat than any other Simple quality, you must have a care of hot Medicines lest you go about ignem olea extinguere, the Medicines must first be cool, Secondly, strengthening the Womb, Thirdly, repressing the vapors, Fourthly, of the nature of Sol and Venus.

Therapeutice.] To this intent I first commend unto you stinking Arrach, a patern whereof I have sent you here inclosed, you may find it upon Dung-bills,

bils, especially such as are made of Horse dung: It is cold and moist, an Herb of Venus in the Scorpion; also Ros Solis an Herb of the Sun, and under the Cæstial Crab, may do very wel, and the better because Venus is in Cancer: It grows upon bogs in untilld places, and is in flower about this time: It grows very low, with roundish green Leavs full of red hairs, and is fullest of dew when the Sun is hottest, whence it took its name; to these you may ad Tansie, which I take to be an Herb of Venus in Libra, and Lettice if you please which is an Herb of the Moon, Mars having his fall in Cancer they are all harmlesse, you may use them according to your own discretion: also Orpine, another Herb of the Moon is very good in this case.

Sir, I wish you wel, and if you esteem of my Lark above his deserts, I pray trim his Feathers from him (correct the Errors by the Errata) else will he make but unpleasing musick. Thus remains yours, &c.

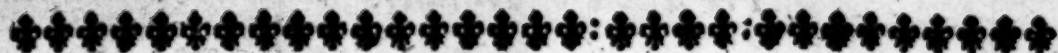
I the rather chose this Figure to judg of, because none should have just occasion to say of us Astrologers that we do as Physicians vulgar practice is, when they judg of Piss; pump what they can out of the Querent, and then judg by his words; of which I will rehearse you one merry story, and so I will conclude the Book.

A woman whose Husband had bruised himself, took his water and away to the Doctor trots she; the Doctor takes the water and shakes it about, How long hath this party been ill (saith he) Sr. saith the woman, He hath been ill these two dayes, This is a mans water quoth the Doctor presently, this he learned by the word H E; then looking on the water he spied bloud in it, the man hath had a bruise saith he, I indeed saith the woman, my Husband fell down a pair of stairs backwards, then the Doctor knew wel enough that what came first to danger must needs be his back and shoulders, said, the bruise lay there; the woman she admired at the Doctors skill, and told him, that if he could tel her one thing more she would account him the ablest Physician in Europe; wel, what was that? How many stairs her Husband fell down this was a hard Question indeed, able to puzzle a stronger Brain than Mr. Doctor had, to pumping goes he, and having taken the Urinell and given it a shake or two, enquires whereabout she lived, and knowing wel the place, and that the Houses thereabouts were but low built Houses, made answer (after another view of the Urine for fashions sake) that probably he might fall down seven or eight stairs, ah, quoth the woman, now I see you know nothing, my Husband fell down thirty; thirty! quoth the Doctor, and snatching up the Urinell, is here all the water saith he? no saith the woman, I spilt some of it in putting of it in, look you there quoth Mr. Doctor, there were all the other stairs spilt.

Yet mistake me not, I do not deny but such whose daily experience is to judg waters, and usually judg a hundred in a day may know something by them: If any thing may be known by urine, I am sure it may by Art, put them both together, vis unita fortior. Thus I take my leave of you; be diligent and I am yours.



Nich. Culpeper.



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